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FLOAT ON
'I SAW NOTHING. I HEARD NOTHING': SANDRA BULLOCK LEARNS TO LET GO IN NEW FILM GRAVITY
PAGE 21

Interpol on lookout for 'white widow'

British-born woman wanted in connection with 2011 resort bombing plot in Kenya as U.K. media speculate she was involved in mall attack PAGE 10

The Heisenberg uncertainty principle

Breaking Bad star Bryan Cranston says anyone could become a teacher-turned-methamphetamine producer in this crazy world PAGE 26

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Cops cheer teen-pimp guilty plea

Ottawa police Det. Carolyn Botting, left, and Det. Kelly Lyle speak to reporters outside the Elgin Street courthouse on Thursday after two of the three girls accused in the teen-pimp trial pleaded guilty to some of their charges. JOE LOFARO/METRO

'They were so brave.' Detective praises victims; trio's 'ringleader' still on trial

JOE LOFARO
joe.lofaro@metronews.ca

A detective in the teen-pimp trial commended the courage of victims who testified in the case after two of three accused girls cut short their trial and pleaded guilty to some of their charges Thursday.

A 16-year-old pleaded guilty to six of 29 charges laid against her in June 2012 — three counts of human trafficking, and one count each of robbery, child luring, and making child pornography.

An 18-year-old was facing the fewest charges among the trio. She pleaded guilty to human trafficking, robbery, uttering threats, and breach of recognizance out of nine charges.

The Crown alleges the girls, who were 15, 15, and 16 at the time of their arrest, recruited or attempted to recruit teen girls through Facebook or other means and force them into prostitution. In some cases, violence or the threat of violence was allegedly used to force the young victims to perform sex acts with men in exchange for money.

They will stay in custody pending sentencing.

Speaking outside the courthouse Wednesday, Ottawa police Det. Kelly Lyle and Det. Carolyn Botting lauded the effort of the victims, who were as young as 13 when delivered to johns.

"We couldn't have done it without the strength of our victims and the courage that they had to come forward," said Lyle. "The Crowns did a great job. We presented a really strong case.

"I keep going back to the victims because they were so brave," she added.

But the Crown's work is not over.

The third accused is 17. The so-called ringleader of the trio, she remains on trial and faces 33 charges. She was 15 when she was arrested in June 2012 and is on trial for such charges as making and having child porn, human trafficking, forcible confinement, procuring for the purpose of prostitution, and uttering threats.

Her trial resumes Oct. 15.

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Conservative MP Dean Del Mastro rises during question period in the House of Commons in March 2012. THE CANADIAN PRESS

Harper loses fifth caucus member

Canada Elections Act. Conviction under law can carry fines of between $2,000 and $5,000, a sentence of up to five years in prison, or both

The Commissioner of Canada Elections laid four charges of improper election spending against Ontario MP Dean Del Mastro under the Canada Elections Act. Shortly afterward, the prime minister's office said he "was no longer a member of the Conservative caucus."

Del Mastro issued a statement saying he was stepping down from caucus until the matter is resolved.

"As I have consistently stated in the past, I entirely reject these allegations and look forward to the opportunity to defend myself in court," Del Mastro wrote, adding that he continues to fully support the government.

Since March, four others have left the Conservative caucus — senators Mike Duffy, Patrick Brazeau and Pamela Wallin over improper housing and travel claims, and cabinet minister Peter Penashue over ineligible campaign expenses.

Del Mastro and his former official agent, Richard McCarthy, each face three Canada Elections Act charges in connection with a $21,000 personal cheque Del Mastro wrote to a political consultant shortly before the 2008 campaign.

The two are charged with exceeding the legal election-spending limit, filing a campaign return that was false or misleading, and filing a return that omitted required information.

Del Mastro is also charged with exceeding the political contribution limit of $1,000 when he wrote a $21,000 personal cheque that allegedly went to his own campaign. The funds were paid to an Ottawa-based consultant who later did campaign work, but only $1,575 was ultimately claimed on the campaign return.

The charges have not yet been proven in court.

Earlier this year, Del Mastro lashed out at Elections Canada by saying they had conducted their investigation with "malice and contempt," and alleged that the agency never discussed their allegations with him before they appeared in the media.

He has said the $21,000 cheque to Holinshed Research was for services made outside of the campaign period.

THE CANADIAN PRESS

Frank Kenny Road

New clues in fatal hit-and-run investigation

Collision investigators have further information on the make and colour of a possible suspect vehicle involved in a fatal hit-and-run on Frank Kenny Road that occurred on Aug. 11.

Police say the involved vehicle may be a GM product with dark red/burgundy paint used between the years of 1997-1998 and 2003-2010. Ottawa police are asking anyone with knowledge in relation to this matter to contact Ottawa police at 613-236-1222, ext. 2481 or Crime Stoppers at 613-233-8477 (TIPS). METRO

culturedays.ca

Culture Days coming Sept. 27-29

The City of Ottawa is celebrating the fourth annual Culture Days weekend Sept. 27 to 29. Activities around the city will include visual arts, music, dance, theatre, architecture, heritage, film and video, literature, culinary arts and new media.

Residents can plan their outings by accessing culturedays.ca. METRO

Sept. 26

Correction

A story in the Sept. 26 edition of Metro about the City of Ottawa's new housing and homelessness policy, "Ottawa aims to end homelessness by 2023," incorrectly stated Bay Ward Coun. Mark Taylor's name. Taylor is chair of the community and protective services committee. METRO

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Daycare under review after children wander into forest

La Coccinelle.
Kids were returned to safety by passerby

MOLLY AMOLI
K. SHINHAT
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The Ontario ministry that oversees daycares has begun an investigation into how five kids, aged three to five, escaped from an Orleans child-care centre unnoticed on Tuesday.

Found by a Good Samaritan — reportedly in a nearby forest — the children were returned unharmed to a daycare called La Coccinelle, attached to École élémentaire catholique Reine-des-Bois.

In a statement issued Thursday, the Ministry of Education said it has instructed La Coccinelle "to ensure that kindergarten-age children will only use the designated fenced-in playground until further notice."

The ministry said it will review playground-supervision policies, including the responsibilities of staff, with the entire centre's personnel.

"The board is working closely with the child-care operator to make sure that this doesn't happen again," said Francine Raymond, manager of the Early Years program at the Conseil des écoles catholiques du Centre-Est.

La Coccinelle's program manager could not be reached for comment.

An image from La Coccinelle's website. The childcare chain operates nine daycare centres in the region. SCREENGRAB

Regulations

No fence or gate needed under rules

Under the Day Nurseries Act (DNA), a daycare director may exercise "discretion ... to approve playgrounds without fences for junior and senior kindergarten-age children."

During an Aug. 15 assessment, "the director determined … children could be adequately supervised without a playground fence or gate," wrote the Ministry of Education in a statement. METRO

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D. Roy Kennedy Public School was evacuated Thursday morning after a man with a fake gun entered the school. The man was quickly apprehended by police, and no one was hurt. SEAN KILPATRICK/THE CANADIAN PRESS

Man being mentally assessed after scaring school with fake gun: Cops

Shortly after 10 a.m. Thursday morning, Ottawa Police arrested an unidentified man found carrying a replica gun inside D. Roy Kennedy Public School, located at 919 Woodroffe Ave, police said, adding he had pulled the school's fire alarm. Students were evacuated to a nearby church, and no one was injured.

School was cancelled for the rest of the day.

The police force's tactical team, with the assistance of patrol officers, completed a sweep of the school and deemed it safe.

The school board is reportedly reviewing its security procedures.

Ottawa police say the man, who is in his 50s, has been taken to hospital for a mental-health assessment, so no charges have been laid yet.

DENIS ARMSTRONG/FOR

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An artist's rendering depicts plans for a renovated Rideau Centre facade at the corner of Rideau Street and Colonel By Drive. Construction on a major redevelopment of the mall is scheduled to last until 2016. CONTRIBUTED

Ottawa's largest mall to get $360 million revamp

Rideau Centre. Mayor makes major stride toward downtown revival with upscale modernization of city's commercial landmark

DENIS ARMSTRONG
ottawa@metronews.ca

Fashionistas resigned to leaving town for their high-end shopping fixes will soon find salvation closer to home.

On Thursday, Mayor Jim Watson, Coun. Mathieu Fleury and real estate giant Cadillac Fairview's Sal Iacono broke ground on the $360-million Rideau Centre redevelopment project that will introduce American retail giants Nordstrom, Victoria's Secret and J.Crew to the city and add flagship department locations for Canadian retailers Simons and Harry Rosen.

When construction ends in 2016, the new Rideau Centre will be one-third larger, with an additional 230,000 square feet of premium fashion and food retail, including a 35,000-square-foot dining hall, three levels of underground parking, a significantly enhanced contemporary look on Rideau Street, including a refurbished Ogilvy's, and direct access to two light rail stations along the city's new Confederation line.

The current mall, which was originally built in 1983 and in some parts resembles a maze of escalators and dead ends, will be extensively updated with a new contemporary look, including extensive use of quartz and glass that will tie together what is currently a confusing and sad-looking series of loosely connected buildings.

This three-year project is a large feather in Watson's cap — or, in this case, construction helmet. As mayor, Watson has made reviving the downtown core one of his top priorities.

"For too many years this part of downtown was ignored," Watson said. "With the redevelopment of the Rideau Centre, a new Arts Court and light rail underway, we're showing that Ottawa is an exciting urban centre looking to the future with a strong economy."

Glass railings will be part of the mall's new look. CONTRIBUTED

Pet project

"For too many years this part of downtown was ignored."

Ottawa Mayor Jim Watson on the Rideau Centre redevelopment project

Former Ottawa Senator Brad Marsh greets fans on the red carpet at Scotiabank Place prior to the team's 2011-12 home opener against the Minnesota Wild. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Marsh to coach young players

HockeyFest. Former Ottawa Senator giving free training sessions

When the former Senator Brad Marsh coaches, especially young atom and peewee players aged eight to 11, the parts of the game he works on the most are skating and stick-handling.

So when Marsh puts 100 local aspiring hockey players through their paces in the first-ever Scotiabank Community HockeyFest, he promises they'll be skating hard. But they'll also have fun and an unforgettable experience. Best of all, the event is free.

Details

The event takes place at Bell Sensplex, 1565 Maple Grove Rd. Sunday, 9 a.m. to 2 p.m.

- Sign up at scotiabankcommunityhockeyfest.com

"You can teach young players all the strategy in the world, but if they're not skating hard and pursuing the player who has the puck, you won't accomplish much," Marsh explained.

"Personally, I think you have to sharpen their physical skills, their skating and stick handling. That's more important than strategy."

In addition to working on their on-ice skills, Marsh will talk about how hard work and dedication helped him reach his goals.

This new 10-part series of NHL greats coaching young kids is designed to help young players develop their on- and off-ice skills, inspire confidence and give them a small taste of what it's like to play in the NHL.

Those who miss Sunday's training can register for any of the 19 sessions planned in the series. The next in the series is Oct. 12, 13 and 14 with Brad Marsh.

DENIS ARMSTRONG/FOR METRO

Former Hershey's plant has sights set on pot

Smiths Falls' former Hershey plant is about to get a new lease on life, although it is an unusual one.

The plant, currently owned by ICON International, is being sold to Tweed Hershey Drive Inc. Its subsidiary, Tweed Inc., plans to start up a medicinal-marijuana growing and distribution centre pending licensing from Health Canada.

"The regulations for medicinal-marijuana production are changing," explained Chuck Rifici, president and CEO of Tweed Inc. "The old regime is being phased out and a new system is being phased in. We are applying for a licence under the new Marihuana for Medical Purposes Regulation (MMPR)."

As the MMPR comes into effect, the old regulations will be phased out and authorized users will no longer be able to grow their own unless they can meet the new requirements.

What the new regulation does is reduce the number of growers and producers and concentrates the production of pot into larger and more easily regulated operations.

METROLAND NEWS SERVICE

The former Hershey plant in Smiths Falls plans to start growing cannabis. THE CANADIAN PRESS

Software developer Alok Ahuja, 33, is hoping his new software will help students do homework without paper and save the environment in the process. CONTRIBUTED

No more saying the dog ate your homework

Hint. If this guy gets his Kickstarter funding, you might have to get your dog to pee on your iPad instead

A local software developer, Alok Ahuja, is hoping his new application called "ReMarkable" will revolutionize the way teachers everywhere grade homework assignments.

Once downloaded to a computer or iPad, ReMarkable allows students to email their assignments to a ReMarkable Grades dropbox, where their teacher can then download, grade and return them efficiently from one screen and without using a shred of paper or printer ink.

Consider that there are millions of students across North America generating tonnes of paper assignments and you see the impact academia has on the environment, and how centralizing and streamlining work through one central portal is simpler.

The 33-year-old Carleton grad came up with his groundbreaking concept after seeing his sister-in-law, a teacher, struggling to carry a heavy stack of assignments home for marking.

"I thought there had to be a better way than carrying all that paper," said Ahuja, who added that like his then-pregnant wife, he was also concerned about the environment and wanted to create software that would dramatically reduce paper use in his daughter's lifetime.

"The things that are designed simply work the best," said Ahuja. "If teachers from kindergarten to university were to use ReMarkable, we could save thousands of hectares of forests."

The application is in its final developmental stages. Ahuja's brother, a surgeon who teaches at Carleton, will use ReMarkable to mark assignments when he teaches his addictions course this winter.

Ahuja's also created a promotional website, SeedlessApps.com, to get the industry talking and to steer potential buyers on to the Kickstarter website, where the fledgling entrepreneur hopes to raise the $8,000 he needs to buy rights to software that makes ReMarkable work.

DENIS ARMSTRONG/FOR METRO

United Way Ottawa lowers 2013 goal to $21 million

United Way Ottawa has announced a $21-million goal for this year's community campaign, a significant drop from last year's target of $30 million.

Executive director Michael Allen called the number an attainable goal that targets individuals, rather than decimals.

"It's not less, it's different," said Allen, during the campaign launch breakfast at the Ernst and Young Centre on Sept. 26.

The United Way will no longer ask donors to raise money beyond what the charity called measurable goals: defined by requests from member organizations with designated priorities.

"The United Way campaign in the past used to be an estimate of how much we thought we could raise, but it didn't matter for what," Allen said. "Now we have the ability to be much more accountable and transparent about what the money that's given to United Way causes can do," Allen said.

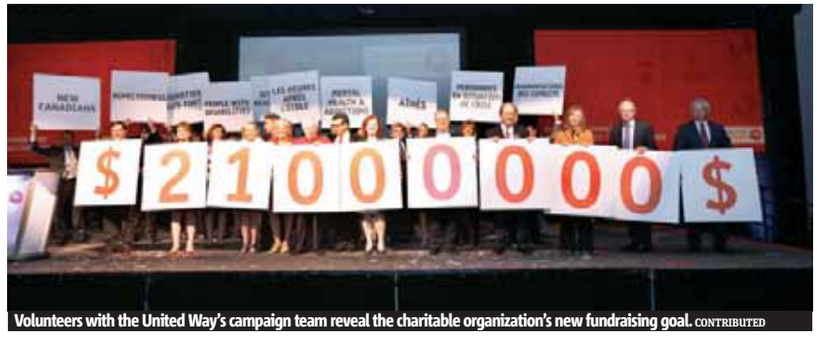
Last year, the organization said it helped 65,000 people, using $16 million dollars. This year, the organization would like to increase that number to 76,000 people.

"We want to be able to tell donors what donor's dollars are responsible for," Allen said.

Three years ago, United Way Ottawa changed the way the organization allocated funding raised from its annual campaign, creating goal priorities and criteria to appeal to donors.

"Our donors want to know if their money is making a difference, if it's making results," Allen said. "This is where United Way will continue to expand and lead the work that we do."

METROLAND NEWS SERVICE



Volunteers with the United Way's campaign team reveal the charitable organization's new fundraising goal. CONTRIBUTED

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‘The white widow’ wanted in connection with terrorist plot

Samantha Lewthwaite. She’s the daughter of a former British soldier, was born in Northern Ireland and grew up northwest of London

The tabloids call her “the white widow,” a Northern Ireland-born Muslim convert who was married to one of the suicide bombers in the 2005 attack on London’s transit system. And for days now, the British media have been rife with speculation she took part in the terrorist takeover at a Nairobi shopping mall.

On Thursday, Interpol, acting at Kenya’s request, issued an arrest notice for 29-year-old fugitive Samantha Lewthwaite — not in connection with the mall attack, but over a 2011 plot to bomb holiday resorts in Kenya.

If Lewthwaite indeed embraced the jihadi cause, it would mark a chilling turnaround for the apparently grieving widow who originally condemned the London transit bombings and criticized her late husband, Jermaine Lindsay, for taking part.

Officials have not made public any evidence linking her to the mall attack. The Interpol notice did not mention it. And al-Shabab, the Somali Islamic extremist group behind the takeover, denied any female fighters participated.

Interpol’s “red notice” for Lewthwaite said she is wanted on charges of possessing explosives and conspiracy to commit a felony in December 2011. THE ASSOCIATED PRESS

A view of a laptop computer screen showing the Interpol website, which features a Red Notice for the arrest of Samantha Lewthwaite, inset. She is wanted on charges of possessing explosives and conspiracy to commit a felony. OLI SCARFF/GETTY IMAGES; INSET: GETTY IMAGES

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Rare photo of an eagle attacking a deer

In this photo taken by a remote camera set up to track Siberian tigers at a nature reserve in the Primorye region of Russia's far east in 2011, a golden eagle attacks a deer. This is one of three photos snapped as the massive bird, which typically eats small birds and mammals, dug its talons into the animal.

THE ZOOLOGICAL SOCIETY OF LONDON/THE ASSOCIATED PRESS

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One photographer each week will win a $100 gift card to our not-so-well-kept secret.
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Woman 'humiliated' in medical exam, court martial told

Court martial. Retired petty officer 2nd class James Wilks faces 26 sexual-assault and breach-of-trust charges involving 16 women

A former military medical technician left women feeling uncomfortable and even "humiliated" after he touched or looked at their breasts during physical examinations, a court martial heard Thursday.

The second day of a court martial for James Wilks, a petty officer second class who is now retired, featured the testimony of several women who described similar experiences of having their breasts and nipples fondled during exams.

Their identities are protected under a publication ban.

Former military medical technician James Wilks at his court martial. FRED CHARTRAND/THE CANADIAN PRESS

One of the women said Wilks ordered her to expose her breasts so he could touch them during a physical exam.

She said he spent a minute or two touching her breasts before ordering her to pull up her hospital gown and get off the examination table.

The woman choked up several times as she spoke.

She described how Wilks then told her to bend over and touch her toes while she was wearing only the gown and her underwear.

She said he ordered her to keep her hands on her toes when she tried to keep her loose-fitting underpants from slipping. Wilks pulled up her underpants and held her gown as she was bent over, the court martial heard.

"I was humiliated," she said.

She told the court martial Wilks was "very firm" and didn't give her the impression a breast exam was optional. She described him as "intimidating."

Maj. David Hodson, who represents Wilks, accused the witness of fabricating the episode. Wilks faces 26 sexual-assault and breach-of-trust charges involving 16 women over six years. THE CANADIAN PRESS

Cross-border energy. Harper talks tough in New York on pipeline

Canada won't "take no for an answer" from the U.S. when it comes to the Keystone XL pipeline, Prime Minister Stephen Harper said Thursday.

The logic in support of the project going ahead is "overwhelming," and governments at all levels on both sides of the Canada-U.S. border are endorsing it, Harper told a high-powered business audience in New York.

"My view is that you don't take no for an answer," Harper said. "We haven't had that. If we were to get that, that won't be final. This won't be final until it's approved and we will keep pushing forward."

Harper also dismissed the divide between his government and the White House over projections of how many jobs Keystone XL will create. THE CANADIAN PRESS

Stephen Harper delivers remarks in New York. ADRIAN WYLD/THE CANADIAN PRESS

Justice minister

Cyberbullying bill coming soon

Justice Minister Peter MacKay says the Tories will introduce new legislation in the fall to fight cyberbullying.

MacKay was at the Canadian Centre for Child Protection in Winnipeg to make a donation to mark the birth of Prince George.

MacKay says the whole nation has been touched by the death of a 15-year-old Saskatchewan boy who was apparently driven to suicide because of bullying. THE CANADIAN PRESS

Arctic Ocean

Chopper wreck recovered

The coast guard says it has recovered a helicopter that crashed and sank in the icy Arctic Ocean, killing three men.

Two ships worked to recover the wreckage of the chopper that went down Sept. 9 in M'Clure Strait. THE CANADIAN PRESS

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Ex-president convicted of war crimes

Historic verdict. Charles Taylor is the first head of state convicted by international war crimes court since World War II

More than a decade after fuelling a murderous campaign of terror in Sierra Leone by supplying rebels with arms, Charles Taylor was definitively convicted and imprisoned Thursday for 50 years, in a ruling that finally delivered justice for victims.

The appeals chamber of the Special Court for Sierra Leone upheld the 65-year-old former Liberian president's conviction on 11 counts of war crimes and crimes against humanity, including terrorism, murder, rape and using child soldiers. Taylor is the first former head of state convicted by an international war-crimes court since World War II and Thursday's confirmation was welcomed as underscoring a new era of accountability for heads of state.

"This is a historic and momentous day for the people of Sierra Leone and the region," UN Secretary-General Ban Ki-moon said in a statement.

"The judgment is a significant milestone in international criminal justice, as it confirms the conviction of a former head of state for aiding, abetting and planning war crimes and crimes against humanity."

THE ASSOCIATED PRESS

Taylor's lawyer Morris Anyah speaks to the media after the verdict at the Special Court for Sierra Leone on Thursday. KOEN VAN WEEL/THE ASSOCIATED PRESS

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Dominican Republic

Many Haitians stripped of citizenship

The Dominican Republic's top court on Thursday stripped citizenship from thousands of people born to illegal migrants, a category that overwhelmingly includes Haitians brought from their neighbouring homeland to work on farms. The decision cannot be appealed, and it affects all those born since 1929.

THE ASSOCIATED PRESS

By the numbers

The constitutional Court's ruling says officials are studying birth certificates of more than 16,000 people

- **40,000.** People of Haitian descent who have been refused identification documents
- **500,000.** Haitian migrants that now live in the Dominican Republic.
- **Over 10 million.** The population of the Dominican Republican.

Prince Harry to the rescue

Britain's Prince Harry attends a reception for MapAction at the Royal Society in central London, Thursday. MapAction's service is unique. It's the only non-governmental organisation with a capacity to deploy a fully trained and equipped humanitarian mapping and information management team anywhere in the world, often within just hours of any disaster. IAN VOGLER/THE ASSOCIATED PRESS

Ron Ridley:

Sharing the joy of sport

PETER DOYLE
For Metro

For more than 20 years, Ron Ridley has devoted several hours each week to sharing his passion for sport with children and teenagers.

He is a soccer and hockey coach and administrator, serves as director of the Ottawa River Runners Whitewater Club, and helps run kayak competitions.

On any given week, he will devote somewhere between five and 20 hours to volunteerism.

"I enjoy seeing the kids develop," Ridley said.

"I think that if they have a positive experience, they'll continue to be active as adults. It's different than when I was young."

Growing up in Ottawa (he attended Gloucester High School), Ridley didn't play organized sports. Like many kids of the 1960s and 1970s, he played scrub, shinny, strikeout, pepper and kickback — games where he and his buddies followed their own rules. Today, it's commonly referred to as "unsupervised" play and is much less popular.

A turning point for Ridley came in Grade 13, when a teacher by the name of Bob Edwards introduced him to whitewater canoeing and cross-country skiing. Ridley excelled at both; he made Carleton University's varsity cross-country team and later competed internationally in whitewater kayaking, wearing the Maple Leaf on his chest at several world championships.

He later volunteered in various capacities with the Ottawa River Runners Whitewater Club, and helped establish a training facility known as the pumphouse.

When Ridley and his wife, Carleen — also a former competitive athlete — had children, they soon began to volunteer in support of various youth sports.

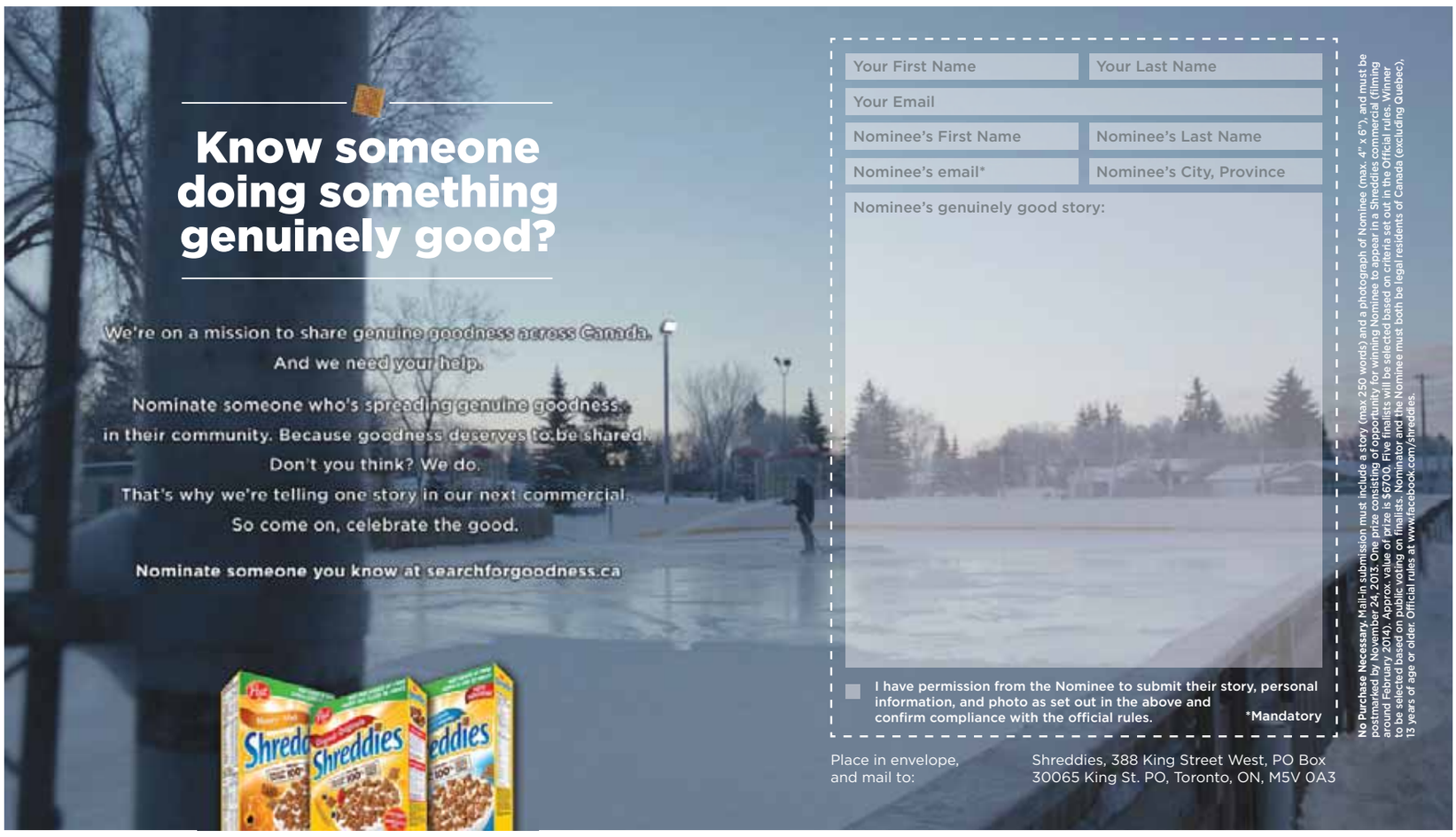
More than a decade ago, their son joined the Ottawa Internationals' Developmental Soccer Program. A few years later, their daughter followed suit. Both later played with the Canterbury Minor Hockey Association and both parents gave their time freely.

"Ron started coaching my son Alex when he was 10," Sachiko Okuda said.

"I love that he emphasizes sportsmanship and respect for the game and your opponents."

Okuda also appreciates Ridley's dedication — he continues to create opportunities for boys to play soccer and hockey together as they grow into young men. He secured a spot for Alex and his teammates in an adult soccer league, for instance, and continues to organize weekly hockey sessions.

Ron Ridley and his daughter Kendra. CONTRIBUTED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Big Tech adds $7.3B to economy: Report

New report. Industry also faces challenges including lack of R&D and skilled workers

Facebook, YouTube and other digital platforms contribute $7.3 billion a year to Canada's economy and employ nearly 80,000 people, a report says

Whether they're being used to disseminate music, provide remote access to health care or interact with customers, digital platforms are transforming businesses and creating efficiencies, according to Canada's Digital Imperative: Measuring Digital Platform's Labour Market and Economic Impact.

However, the industry also faces challenges, including constraints on corporate resources, lack of skilled workers, and inadequate research and development, the report by the Information and Communications Technology Council found.

"Digital platforms are increasingly providing enterprises with greater connectivity, resulting in profound changes in the way they do business and create and deliver digital content," the report said.

The report defines digital platforms as anything that allows content producers and consumers to interact, including social media such as Facebook, user-generated content such as YouTube and meeting applications such as WebEx.

The industry is expected to double within five years to $14.8 billion a year in revenue, while employment is expected to increase by more than one-quarter, creating 22,000 new jobs by 2018, the report estimates.

Most of the revenue and jobs are attributed to companies that have adopted digital platforms. Canadian companies that provide digital platform services represent less than 20 per cent of the sector, the report said.

Three-quarters of Canadian businesses say they use at least one digital platform for communicating either with staff or customers or suppliers, the study found. Nearly half said using digital platforms helped cut costs. Half also said digital platforms significantly improved customer service.

TORSTAR NEWS SERVICE

New jobs

22,000

The industry is expected to double within five years to $14.8 billion a year in revenue, while employment is expected to increase by more than one-quarter, creating 22,000 new jobs by 2018, the report estimates.

Twitter, YouTube and other digital platforms are changing the way companies in Canada do business, as well as creating jobs and adding economic value, a new report says. PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

Social media

Twitter, NFL ink deal to show football videos

The National Football league has struck a deal to show game highlights and other video content on Twitter. The deal is part of Twitter's Amplify program, which lets broadcasters show ad-supported clips in Twitter feeds as users discuss what they're watching on TV. THE ASSOCIATED PRESS

Telecom

Rogers, Sprint to offer wireless system in cars

Rogers Communications and U.S. wireless carrier Sprint Corp. say they will offer Canadians high-speed Internet access in their vehicles through a new service announced Thursday. The service will be available from auto manufacturers that deploy Sprint's Velocity system. THE CANADIAN PRESS

Market Minute

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Ministry of Community Safety and Correctional Services

The Ottawa-Carleton Detention Centre (OCDC) is seeking up to six part-time members to serve on the local Community Advisory Board.

Applicants should reside in the City of Ottawa area, with recognized and responsible community involvement in areas such as social services, the criminal justice system and/or other service to the community.

The Community Advisory Board acts in an advisory capacity to the Minister of Community Safety and Correctional Services and provides advice on all aspects of OCDC operations. Members visit the OCDC on a regular basis and meet monthly as a board. Members are appointed for a term of up to three years, subject to renewal.

Additional information can be found on the Public Appointments Secretariat (PAS) website **www.ontario.ca/publicappointments.**

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GLOBAL CHANGE NO SMALL GRATIFRY

THE METRO LIST

Neil Morton
metronews.ca

1 **Social Good Summit.** This conference in New York was trending on Twitter under the hashtag #2030now. It focuses on the innovative role new media can play in shaping long-term, sustainable solutions to the planet's ills, from human rights to poverty. Actor/social do-gooder Ian Somerhalder was on one panel and said we can use social media "to create quantifiable change globally." Let's do it.

2 **Terry Fox.** Canada's national treasure, who has inspired generations with his Marathon of Hope to raise awareness and money for cancer research, was inducted into Canada's Walk of Fame Saturday. The fight on Terry's behalf will continue until a cure is found. You can watch the Walk of Fame Awards on Oct. 27 on Global.

3 **#WeirdEmmys.** The Emmys were trippy and awkward, starting with Will Arnett's orange-glow tan and continuing with the curious picks for winners and the, er, lifeless tributes to recently deceased actors. Many people ended up switching to Breaking Bad or, in my case, to the season premiere of Battle of the Blades on CBC. Or it just put them to sleep before they could even channel-surf.

4 **Dream Job.** Richard Peddie, the former CEO of Maple Leaf Sports and Entertainment, has a new book, Dream Job, coming out Oct. 22. It promises to take us behind the scenes at MLSE and inside the boardrooms and dressing rooms of major-league sports. This is a must-read — but one I wish included a chapter on a Stanley Cup or NBA title run for the Leafs and Raptors.

5 **Agents of S.H.I.E.L.D.** Marvel's newest TV series, an offshoot of The Avengers, premiered Tuesday on ABC to great ratings — fuelled by a buzz campaign that saw it achieve one million fans on its Facebook page before it even aired, apparently a new record for a series launch. Further proof that everything good can be traced back to social media.

6 **Dragons' Den season 8.** The iconic Canadian show that has inspired countless entrepreneurs begins its eighth season next Wednesday (Oct. 2) at 8 p.m. on CBC. Special episodes this year include an only-in-Canada episode highlighting products that only Canucks could have drummed up. Such as scrotum lotion. I'm scratching my head wondering why I didn't come up with that first.

7 **River Phoenix.** A book called Last Night at the Viper Room, due out in October, tells the life and death story of acclaimed actor River Phoenix at age 23 in 1993. The teen idol (Stand By Me) died of a drug overdose in front of the West Hollywood club. What Cory Monteith was to the tweens/teens of this generation, River was to those of his generation.

8 **Breaking Bad.** The finale of this show, considered one of the best dramas ever, is this Sunday on AMC. Now that it's over, I think it's about time I start watching this show and discover how remarkable Bryan Cranston is.

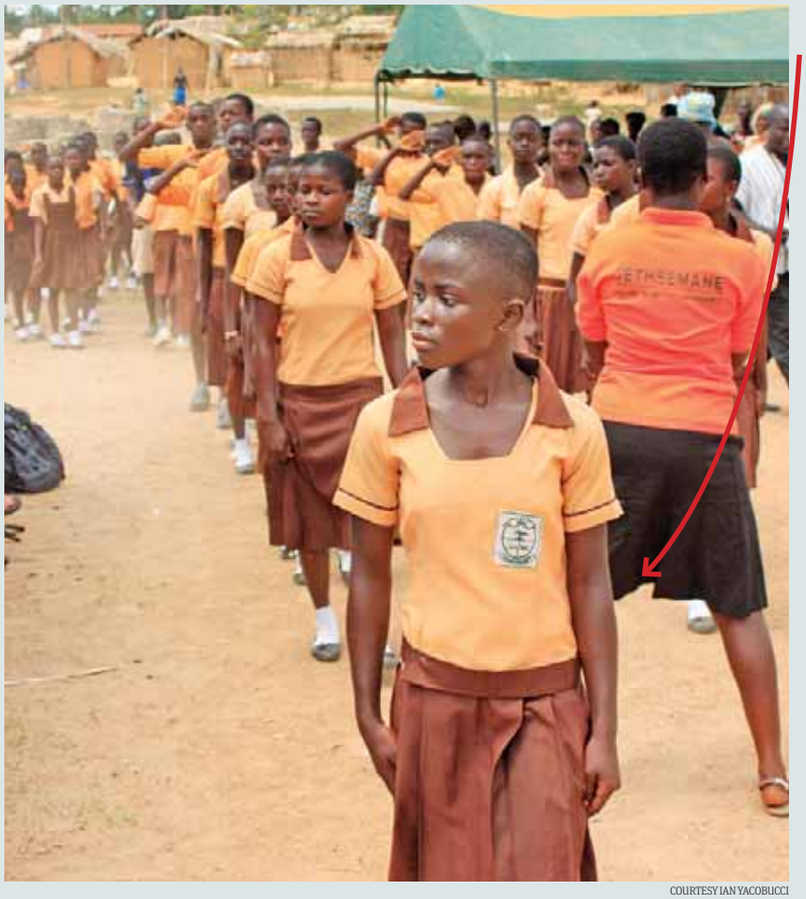
9 **Anna Faris.** It's always amusing to see people get on Twitter and figure out how it works. Like actress Anna Faris, who started tweeting recently, and had gems like "What the heck is retweeting? And why does it feel so good?" And then there was "I feel like the world needs to know that mayonnaise is my favorite condiment #amisupposedtohastageverytime."

10 **Gratifries.** You can now get a Whopper with lower-fat french fries, as Burger King is introducing Gratifries, which have 40 per cent less fat and 30 per cent fewer calories than rival fast-food fries. Now McDonald's has to introduce a GratiMac to answer the bell.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Ghana students walk the walk



COURTESY IAN YACOBUCCI

Breaking through child labour in Africa

At first glance it looks as though these students share the same struggles as any other student: homework assignments, curfew and chores.

But in actual fact they have worked hard with their community for the chance to obtain an education in a village that is plagued with child labour in the oil-palm industry.

One-third of children in Nyameyiekrom, in the western region of Ghana, cannot attend school because they are needed to chop oil-palm fruits with heavy, bladed poles by climbing high up the trees. METRO

Free the Children

- In 2008, the community of Nyameyiekrom built a small school out of bamboo for four teachers and 288 students.
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COURTESY GINO SANTA MARIA

Whether you watch the show or not, a glance at Twitter or eavesdropping on co-worker conversations makes it perfectly clear we've hit peak Breaking Bad. If you do watch the series, there's going to be a substantial hole to fill your free time with after Sunday's finale. These will do the trick.

Orphan Black:

The other performance/show certain folks couldn't stop talking about this year was the mighty Tatiana Maslany swapping costumes and characters as if she were brushing away a fly in this Toronto-based sci-fi clone mystery. (Available for purchase on iTunes)

Peep Show:

We don't know what's in store for us Sunday night, but we can all be pretty confident it will be bleak. Cleanse the palate by mean of one of the U.K.'s funniest shows. A simple Odd Couple setup shot entirely from the characters' first-person perspective, it's an endlessly entertaining parade of bad behaviour and poor life decisions. (Streaming on Netflix)

House of Cards:

No, not the Kevin Spacey joint that peppered bus stops and subway stations when it debuted a while back. Head for the BBC original, where the increased subtlety of the scheming nicely reflects the difference between the U.S. and British political systems. (Streaming on Netflix)

Twitter

@metropicks asked: A glitch in the Apple map app directs drivers to the Alaska airport runway. Are we becoming too dependent on technology?

@AidanNg: Technology is invented to assist and not to be blamed. We as users, are. There's a difference between being dependent and lazy

@sheldoncoelho: No, we're becoming too dependent on Apple products.

@nmilaire: This is why I stick with Google maps

@PXAbstraction: When you pay hundreds for a phone, it should do its job properly. But people should pay bloody attention.

@AlexGoatcher: I work in a visitor centre & the amount of people who are map illiterate scares me. They ask for addresses for mountains & lakes

Follow @metropicks and take part in our daily poll.

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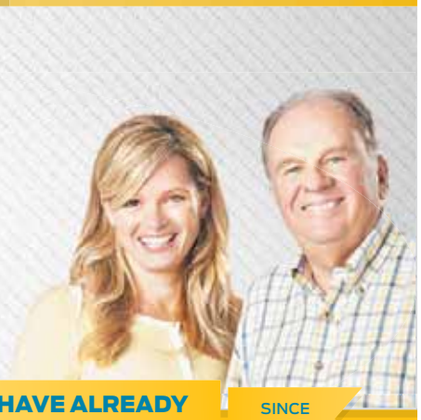

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Synopsis

When we first meet Niki Lauda (Daniel Brühl) and James Hunt (Chris Hemsworth) they are third stringers, talented Formula Three drivers desperate for a chance to move up to the big show. Bad blood flows between the two, stemming back to an incident when Hunt edged Lauda off the track the first time they faced off against one another. Cut to the 1976 Formula One season. Lauda seems unstoppable, until tragedy strikes and Lauda is badly burned in a fiery crash. During his recuperation Hunt rises in the ranks, leading to a showdown for the World Championship at the Japan Grand Prix.

- Richard: ●●●●○
- Mark: ●●●○○

Rush keeps the sappy on the sidelines and lets the racing do the driving. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Some spark, some fumes

Rush. Ron Howard's race flick leaves the romantic storyline in the pit and allows the realism of those hairpin turns to tell the story

Richard: Mark, in some ways Rush is a paint-by-numbers story — Formulaic One, maybe? — of opposites.

Lauda and Hunt face off in predictable ways — the kind of thing we've seen in other sports films — but the film really takes off in its second half when the characters show some growth and the racing scenes take centre stage.

Director Ron Howard takes us inside the cars — literally.

The races are exciting, visceral and as close as I'll ever get to rounding a hairpin curve at super sonic speeds. What did you think?

Mark: The races are well done, no doubt.

But there has to be more, and often there is. I loved the groovy Euro-'70s milieu of the movie, the sensuality of the cars themselves, and the behind-the-scenes politics of the Formula One game. But the movie is episodic, and lacks — wait for the pun — narrative drive.

Chris Hemsworth is an arrogant rogue in the Lightning McQueen mode, but Daniel Brühl plays a rival racer with the soul of an actuary.

Neither of them are exactly nice guys; in fact, they're a couple of grand prix.

RC: Ha! I liked Brühl.

It would have been easy to play Lauda as a one-note egotist, but as his character finds his passion after the horrific accident, Brühl adds complexity, bringing him to life as a fully rounded man.

Hemsworth hammers it home, proving there is more to him than playing superhero Thor in The Avengers movies, but I really thought Brühl showed the most range.

MB: Burning half your face off will often give you that range.

He goes from a man who won't smile to one who can't smile.

But he's also an unsympathetic martinet for a lot of the movie, and I kept waiting for Ron Howard to go back to the Hemsworth story, which was more fun. How do you think the movie stacks up against classic racing movies like Le Mans or Winning?

RC: I think it compares well to movies like Winning, Grand Prix and Days of Thunder, but the racing flick it has most in common with has to be Le Mans, just for sheer speed-demon spirit. Remember Steve McQueen's famous quote about racing? "Anything that happens before or after ... is just waiting."

MB: A good quote indeed. I thought Rush was a bit more realistic than the other movies, less romanticized, and had the balance of storyline and racing just about right.

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Comedy/Romance

Austenland

Director. Jerusha Hess

Stars. Keri Russell, Jane Seymour

Fandom makes people do weird things. In Austenland, Jane Hayes (Keri Russell) blows her savings on a Jane Austen "experience" run by Jane Seymour in a bid to meet her own Mr. Darcy. Predictably, things don't pan out and Jane finds herself caught in a modern Pride and Prejudice situation, held back by her social status and falling for the wrong guy. It's a clever setup, but writer-director Jerusha Hess can't seem to break out of the rote romantic-comedy box. Worse, the jokes fail to yield any laughs.

IAN GORMELY

Documentary

Metallica: Through the Never

Director. Nimrod Antal

Stars. Metallica, Dane DeHaan

It is difficult to imagine how anyone who's not already a fan might care about Metallica: Through the Never (although a band that has sold 100 million albums globally has a pretty solid base). In what's essentially a 90-minute music video, the concert film weaves a strong riot-themed narrative amidst the metal legends' greatest hits. While filmmaker Nimrod Antal makes it all palatable on the screen, you'll still feel pretty assaulted by the monotony — unless you're a metal-head.

STEVE GOW

Animation

Cloudy With a Chance of Meatballs 2

Directors. Cody Cameron & Kris Pearn

Stars. Bill Hader, Anna Faris

After destroying his water-into-food machine, Flint Lockwood (Bill Hader) assumes his hometown is safe from oversized food. But soon after accepting a job from his hero Chester V (Will Forte), Flint learns that his malfunctioning machine is creating a new menace: food animals. And once again, Flint and his gang must save Swallow Falls. What this fun, imaginative sequel may lack in premise, it makes up for in fantastic animation, wild inventions and even wilder "foodimals." **REGAN REID**

Drama

The Spectacular Now

Director. James Ponsoldt

Stars. Miles Teller, Shailene Woodley

The Spectacular Now may be this generation's The Breakfast Club. It's by no means as funny — it doesn't intend to be — but similar themes (and even the tidy use of an essay as an epilogue) are definitely present. In the film, a charming teen reluctantly falls for his rebound girlfriend even as he battles burgeoning alcoholism and a fuzzy future. Deftly directed by James Ponsoldt (Smashed), few films deal with teenage drama with such skilled tenderness.

STEVE GOW

Comedy

Don Jon

Director. Joseph Gordon-Levitt

Stars. Joseph Gordon-Levitt, Scarlett Johansson

For a first attempt at writing and directing a movie, Don Jon is a promising peek at what Joseph Gordon-Levitt may have up his sleeve. In the case of this R-rated inception into filmmaking, it's a profane portrayal of a young porn-addicted Romeo who falls for the seemingly ideal woman (Scarlett Johansson). As the film progresses, Gordon-Levitt's storyline slumps a bit by repetition, but compelling performances (and a couple clever cameos) definitely compensate this crass comedy.

STEVE GOW

Drama

Enough Said

Director. Nicole Holofcener

Stars. Julia Louis-Dreyfus, James Gandolfini

A confused L.A. masseuse meets a man at a party and begins an unlikely romance. That same night, she meets a woman she feels could be a good friend. But when she discovers their relationship, she can't withdraw. Julia Louis-Dreyfus is the deceitful masseuse, trapped in a selfish desire to have a friend and a boyfriend. Dreyfus is charming and zany and really wants to be mature, but watching James Gandolfini break his own mould to play a sensitive romantic and stretch in new ways is especially bittersweet.

ANNE BRODIE

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Floating over adversity: Bullock displays gravitas in new space film

Gravity. Star of Speed, The Heat learns to convey more with less in a weighty role about a weightless astronaut

IN FOCUS
Richard Crouse
scene@metronews.ca

"I think we need to make another movie about how we made this movie," says Sandra Bullock on the filming of Gravity, her new lost-in-space film.

The Heat star plays Dr. Ryan Stone, an astronaut untethered from her space shuttle following a debris storm. Cut loose from her space partner (George Clooney) and her ride to Earth, she drifts through the inky darkness until discovering a way to survive.

"The film is about adversities, and we were going through adversities," says director Alfonso Cuarón. "Everything was a big challenge."

Technically, the shoot was arduous. Recreating the zero-gravity of space required Bullock to learn to move at 30 per cent of her usual speed, and to be trussed up like a marionette on a 12-wire system and other torturous devices.

"We had a consultant from Guantanamo Bay come in," jokes Cuarón.

Emotionally the shoot also presented issues. How could Bullock portray the impassioned inner life of the character when covered with a helmet and spacesuit for much of the performance?

"I think every actor will tell you that they are always panicked about being able to convey something with the least amount of preciousness," she says. "If all you have are your eyes or your face, just feel it truthfully. For me, I didn't think about being behind the visor. It was still my whole body feeling it.

Sandra Bullock in a scene from Gravity. COURTESY WARNER BROS. PICTURES

"But a lot of times you'd feel yourself emoting something and they'd say, 'No, we didn't see anything.' I just had to trust in what (Cuarón) saw. I saw nothing. I heard nothing. I had him in my head and I just had to trust that.

"It's a weird profession. You have to unscrew your head and screw on this other head of what this other person is going through and you go, 'Wow, that's not a pretty place to live all day.'"

Working with Clooney, who she's known since before they both were famous, also provided support.

When she was having trouble with a particular scene, Clooney sent an email with a some suggestions on how to make it work. "It's not my business," he wrote, "so throw this in the trash or use it."

As it turns out, his ideas were bang-on. "That's the gift of knowing someone for so long," she says. "He gives you gold tidbits like that. It's sweet."

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Colin Hanks poses at the Guess Portrait Studio during the Toronto International Film Festival on Sept. 6 in Toronto. LARRY BUSACCA/GETTY IMAGES

Little moments tell a big story in John F. Kennedy film

Parkland. Movie relives Kennedy's assassination and doesn't shy away from focusing on the infamous day's 'supporting characters'

NED EHRBAR
Metro World News in Hollywood

Colin Hanks joins a huge cast to relive the assassination of John F. Kennedy and the days that followed in Parkland, coming out as the 50th anniversary of the event itself approaches. It gave Hanks a unique view on history and, as the chief surgeon on duty at Parkland Memorial Hospital that day, a chance to play doctor.

It's got to be an interesting challenge playing for this kind of historical accuracy.

The whole goal of this was to show it as it really was, not to play up the importance in that here's this incredibly important day that people will talk about for the next century or the next 40 or 50 years. We were really playing the importance of, "This is happening right now." The whole point of this film is to look at those moments that have been overlooked, that are not necessarily the first thing that people think about when they think about the Kennedy assassination. The stories of the people that were involved — that I call the sort of supporting characters that were on the periphery — they were thrust into a scenario where obviously for the rest of their lives they were thinking about this. So for me, I was really interested in trying to capture that elusive sort of moment in time where you just don't know what's going on and you're just trying to get your bearings. And most of the time, you're failing.

In your research, was there anything you learned that surprised you?

Well, I mean there's tons of stuff. The idea that the same doctors were on call when Kennedy and Oswald were brought in, I had no idea. That they even brought them to the same hospital, those kinds of things. Those little moments of history I think are really the most fascinating, and I think are also quite frankly the ones that people gravitate toward. Those little moments, I think, always speak much louder than any of the specifics that you can get into.

How much discussion was there on set about the conspiracy theories or the Oliver Stone side of things?

None, none. There was really no conversation, none of us really talked about it. You know, obviously I was only there for a small portion of the filming. It was almost like we were making our own different films and we sort of threw them all together. But it was never really a conversation. I think the goal and purpose that we had was to be so focused on these three days to not think about anything else. So that was all that we were really focused on.

You're shooting in a very confined space.

Yeah, we had 25 people in a small room, you know? And two of them were holding cameras and there was a boom operator and that was it. So it was a different way of making the movie, but again we were just focusing on those real moments. It sounds redundant because you always try to do that in any job, but this one was a different kind of acting than what I was used to and a different kind of story. We're telling a different aspect of a story that people think they already know a lot about.

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Batman vs. Superman screenwriter won't bow to fan pressure

Superheroes don't ever bow to fan pressure — that's according to screenwriter David S. Goyer, who is co-writing the new Batman vs. Superman movie.

He's currently working on the script for the upcoming comic-book character showdown with director Zack Snyder.

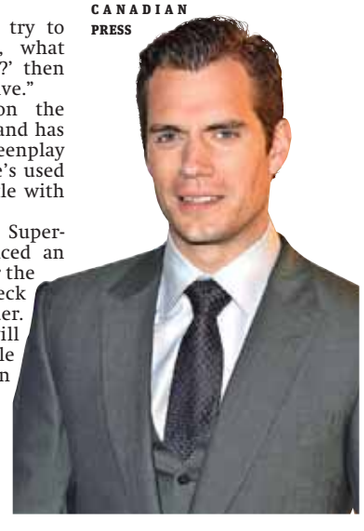
Goyer says, "If I try to think about, 'Well, what would the fans like?' then you stop being creative."

Goyer worked on the Dark Knight trilogy and has the Man of Steel screenplay under his belt, so he's used to doing a little battle with popular opinion.

And Batman vs. Superman has already faced an online backlash after the casting of Ben Affleck as the caped crusader. Co-star Henry Cavill will reprise his role as Clark from Man of Steel.

Batman vs. Superman" is set for a summer 2015 release.

THE CANADIAN PRESS



THESE PAGES COVER MOVIE START TIMES FROM FRI., SEPT. 27 TO THURS., OCT. 3 TIMES ARE SUBJECT TO CHANGE.

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The Art of the Steal (14A) Fri-Sun 9:40 Mon-Thu 10:20
Battle of the Year 3D (PG) Fri-Sun 2-4:50-7:30-10:10 Mon-Wed 4:50-7:30-10:10 Thu 1:35-4:50-7:30-10:10
Besharam (STC) Wed 6-9:20 Thu 1:35-6-9:20
Cloudy With a Chance of Meatballs 2 (G) Fri-Sun 1:50-4:35-7-9:30 Mon-Wed 4:45-7-9:30 Thu 1:20-4:45-7 Star & Strollers Screening, Thu 1
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Sun 12:25-2:50-5:15-7:40-10:10 Mon-Thu 5:15-7:40-10:10
Def Leppard Viva Hysteria Concert (STC) Wed-Thu 7:30
Don Jon (18A) Fri-Sun 1:10-3:30-5:50-8:10-10:30 Mon-Thu 5:50-8:10-10:30 Star & Strollers Screening, Thu 1
The Family (14A) Fri-Sun 1:20-4:30-7:20-10:20 Mon-Wed 4:50-7:20-9:50 Thu 1:20-4:50-7:20-9:50
Gravity 3D (PG) Thu 10
Insidious: Chapter 2 (14A) Fri-Sun 2-4:40-7:25-10:05 Mon-Wed 5:30-8:10-10:40 Thu 1:30-5:30-8:10-10:40
Lee Daniels' The Butler (14A) Fri-Sun 12:55-3:50-6:50-10 Mon-Wed 4:45-7:40-10:40 Thu 1:10-4:45-9:45
Percy Jackson: Sea of Monsters (PG) Fri-Sun 1 Thu 1:15
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sun 3:40-6:30 Mon-Tue 5:20-7:55 Wed 5:20 Thu 4:30
Prisoners (14A) Fri-Sun 12:25-3:45-7-10:15 Mon-Wed 5:40-9:40 Thu 1:10-5:40-9:40
Riddick (14A) Fri-Sun 1:30-4:10-7:10-9:50 Mon-Tue 5:05-7:50-10:40
Runner Runner (14A) Thu 10
Rush (14A) Fri-Sun 2:10-5-7:50-10:45 Mon-Wed 5-7:50-10:45 Thu 1:30-5-7:50-10:45
We're the Millers (14A) Fri-Sun 2:20-5:10-7:45-10:35 Mon-Wed 5:10-8-10:35 Thu 1:25-4:40-7:10

Empire 7 Cinemas
111 Albert St. 3rd Floor
World Exchange Plaza

Blue Jasmine (14A) Fri 7-9:50 Sat-Sun 12:50-3:50-7-9:50 Mon 7-9:50 Tue 3:50-7-9:50 Wed-Thu 7-9:50
Don Jon (18A) Fri 6:30-9:30 Sat-Sun 12:45-3:45-6:30-9:30 Mon 6:30-9:30 Tue 3:45-6:30-9:30 Wed-Thu 6:30-9:30
Gravity 3D (PG) Thu 10
Lee Daniels' The Butler (14A) Fri 6:20-9:20 Sat-Sun 12-3:20-6:20-9:20 Mon 6:20-9:20 Tue 3:20-6:20-9:20 Wed 6:20-9:20 Thu 6:20
Prisoners (14A) Fri 8 Sat-Sun 11:45-3-8 Mon 8 Tue 3-8 Wed-Thu 8
Rush (14A) Fri 6-9 Sat-Sun 12:15-3:15-6-9 Mon 6-9 Tue 3:15-6-9 Wed-Thu 6-9
Salinger (PG) Fri 6:15-9:15 Sat-Sun 12:30-3:30-6:15-9:15 Mon 6:15-9:15 Tue 3:30-6:15-9:15 Wed-Thu 6:15-9:15
The Spectacular Now (14A) Fri 6:45-9:45 Sat-Sun 1-4-6:45-9:45 Mon 6:45-9:45 Tue 4-6:45-9:45 Wed-Thu 6:45-9:45

Rainbow Cinemas
St. Laurent Centre
1200 St. Laurent Blvd.

Closed Circuit (14A) Fri-Thu 3:50-9
Elysium (14A) Fri-Thu 1:10-6:40-9:05
The Heat (14A) Fri-Wed 10:20-1:15-6:30 Thu 10:20-1:15
Jobs (14A) Fri-Thu 10:30-4:20
Kick-Ass 2 (14A) Fri-Thu 10:10-7:05-9:20
The Lone Ranger (PG) Fri-Thu 1-7:30
Monsters University (G) Fri-Thu 12:20-2:35-4:50
Red 2 (PG) Fri-Thu 9:55-6:50-9:15
The Smurfs 2 (G) Fri-Thu 10:40-4:20
Turbo (G) Fri-Thu 12:15-2:20-4:30

South Keys
2214 Bank St.

Battle of the Year 3D (PG) Fri-Thu 10:55-1:30-4:10-6:50-9:30
Blue Jasmine (14A) Fri-Wed 11:40-2:10-4:30-7:05-9:25 Thu 11:40-2:10-4:30-7:05
Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 12:10-2:40-5:05-7:30-9:50
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Thu 11:20-1:50-4:15-7-9:20
Despicable Me 2 (G) Fri-Thu 12:15-2:45-5:10-7:35-9:50
Don Jon (18A) Fri-Thu 12:20-2:50-5:15-7:40-10
The Family (14A) Fri-Thu 11:25-2:05-4:45-7:20-9:55
Gravity 3D (PG) Thu 10
Insidious: Chapter 2 (14A) Fri 11:45-2:20-4:55-7:25-9:55 Sat 2:20-4:55-7:25-9:55 Sun-Thu 11:45-2:20-4:55-7:25-9:55
Planes (G) Fri-Thu 11:30-1:45
Planes 3D (STC) Fri-Thu 4:20-6:40
Prisoners (14A) Fri-Thu 11:50-3:10-6:30-9:45
Rush (14A) Fri-Thu 10:45-1:35-4:25-7:15-10:05
The Sisterhood of the Traveling Pants (G) Sat 11
We're the Millers (14A) Fri-Thu 10:50-1:20-4-6:55-9:35
The World's End (14A) Fri-Thu 9

Cinéma des
Galeries d'Aylmer
400 boul. Wilfrid-Lavigne

Cloudy With a Chance of Meatballs 2 (G) Fri-Tue 3:10
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Sun 1:10-7:10-9:20 Mon 7:10 Tue 1:10-7:10-9:20 Wed-Thu 7:10-9:20
Gravity 3D (STC) Thu 10
Il pleut des hamburgers 2 (G) Fri-Thu 9:30
Il pleut des hamburgers 2 3D (G) Fri-Tue 3:20
L'écume des jours (G) Fri 1 Wed 7
Prisoners (13+) Fri-Sun 12:40-3:40-6:40 Mon 6:40 Tue 12:40-6:40 Wed-Thu 6:40
Prisonniers (13+) Fri-Tue 7
Rush (G) Fri-Sun 12:50-3:30-6:50-9:30 Mon 6:50 Tue 12:50-3:30-6:50-9:30 Wed 6:50 Thu 6:50-9:30

Ciné-starz
1100 boul. Maloney Ouest

Détestable moi 2 (G) Fri-Sun 12-1:45-3:30-5:15-7 Mon-Thu 12-3:40-5:25
Grandes personnes 2 (G) Fri-Sun 5:45-7:35-9:25 Mon-Thu 12-1:50-5:30
L'Université des Monstres (G) Fri-Sun 12-1:55-3:50
Louis Cyr: L`homme le plus fort du monde (G) Fri-Thu 1-3:15-7:15-9:30
Nous sommes les Miller (13+) Fri-Sun 5:15-7:10-9:05 Mon-Thu 1:45-7:10-9:10
Paranoia (G) Fri-Sun 8:45 Mon-Thu 1:45-7:10-9:05
Turbo (G) Fri-Sun 12-1:45-3:30-5:30 Mon-Thu 12-3:40-5:25
Le Wolverine (13+) Mon-Thu 3:40-6-8:15

Gatineau 9
120 boul. de l'Hôpital

Les avions (G) Sat-Sun 12:45-3:05 Tue 12:45-3:05
Le combat de l'année 3D (G) Fri 6:50-9:20 Sat-Sun 1:25-4-6:50-9:20 Mon 6:50-9:20 Tue 1:25-4-6:50-9:20 Wed-Thu 6:50-9:20
Don Jon (16+) Fri 7:10-9:15 Sat-Sun 1:05-3:20-7:10-9:15 Mon 7:10-9:15 Tue 1:05-3:20-7:10-9:15 Wed-Thu 7:10-9:15
Gabrielle (G) Fri 7-9:30 Sat-Sun 12:30-3-7-9:30 Mon 7-9:30 Tue 12:30-3-7-9:30 Wed-Thu 7-9:30
Il pleut des hamburgers 2 3D (G) Fri 7:05-9:10 Sat-Sun 1:15-3:30-7:05-9:10 Mon 7:05-9:10 Tue 1:15-3:30-7:05-9:10 Wed-Thu 7:05-9:10
Insidieux Chapitre 2 (13+) Fri-Thu 7:15-9:40
Paris à tout prix (G) Fri 7:20-9:45 Sat-Sun 1:20-3:50-7:20-9:45 Mon 7:20-9:45 Tue 1:20-3:50-7:20-9:45 Wed-Thu 7:20-9:45
Percy Jackson: la mer des monstres 3D (G) Fri 6:30-9 Sat-Sun 12:20-3:10-6:30-9 Mon 6:30-9 Tue 12:20-3:10-6:30-9 Wed-Thu 6:30-9
Prisonniers (13+) Fri 8 Sat-Sun 1-4:15-8 Mon 8 Tue 1-4:15-8 Wed-Thu 8
Rush (G) Fri 6:45-9:25 Sat-Sun 12:50-3:45-6:45-9:25 Mon 6:45-9:25 Tue 12:50-3:45-6:45-9:25 Wed-Thu 6:45-9:25

StarCité Hull
115 boul. du Plateau

Les avions (G) Fri-Sun 12:30-2:50-5:10-7:30-9:50 Mon 7:30-9:50 Tue 12:30-2:50-5:10-7:30-9:50 Wed 7:30-9:50
Battle of the Year 3D (G) Fri-Sun 2:10-4:50-7:30-10:10 Mon 7:30-10:10 Tue 2:10-4:50-7:30-10:10 Wed-Thu 7:30-10:10
Cloudy With a Chance of Meatballs 2 (G) Fri 1-3:20-5:40-8-10:20 Sat 11-1-3:20-5:40-8-10:20 Sun 1-3:20-5:40-8-10:20 Mon 7:30-10 Tue 1-3:20-5:40-8-10:20 Wed-Thu 7:30-10 Star & Strollers Screening, Thu 1:30
Def Leppard Viva Hysteria Concert (STC) Wed-Thu 7:30
Don Jon (16+) Fri 1:10-3:30-5:50-8:10-10:30 Sat 11-1:10-3:30-5:50-8:10-10:30 Sun 1:10-3:30-5:50-8:10-10:30 Mon 7:50-10:05 Tue 1:10-3:30-5:50-8:10-10:30 Wed-Thu 7:50-10:05
The Family (13+) Fri 12:20-2:55-5:30-8:05-10:40 Sat 2:55-5:30-8:05-10:40 Sun 12:20-2:55-5:30-8:05-10:40 Mon 7:30-10:05 Tue 12:20-2:55-5:30-8:05-10:40 Wed-Thu 7:30-10:05
Gabrielle (G) Fri-Sun 12:20-2:45-5:10-7:35-10 Mon 7:25-9:55 Tue 12:20-2:45-5:10-7:35-10 Wed-Thu 7:25-9:55
Gravity 3D (STC) Thu 10
Il pleut des hamburgers 2 (G) Fri-Sun 12:20-2:40-5-7:20-9:40 Mon 7-10:10 Tue 12:20-2:40-5-7:20-9:40 Wed-Thu 7-10:10
Il pleut des hamburgers 2 3D (G) Fri 12:40-3-5:20-7:40-10:10 Sat 11:30-12:40-3-5:20-7:40-10:10 Sun 12:40-3-5:20-7:40-10:10 Mon 7:20-9:40 Tue 12:40-3-5:20-7:40-10:10 Wed-Thu 7:20-9:40
Insidious: Chapter 2 (13+) Fri-Sun 12:30-3-5:30-8-10:30 Mon 7:30-10 Tue 12:30-3-5:30-8-10:30 Wed 10 Thu 7:30-10
Lee Daniels' The Butler (G) Fri-Sun 1:25-7:15 Mon 7:15 Tue 1:25-7:15 Wed-Thu 7:15
Prisoners (13+) Fri-Sun 12:30-3:45-7-10:15 Mon 6:50-9:40 Tue 12:30-3:45-7-10:15 Wed-Thu 6:50-9:40
Prisonniers (13+) Fri-Sun 12:20-3:30-6:45-10 Mon 7-9:15 Tue 12:20-3:30-6:45-10 Wed-Thu 7-9:15 Thu 1
Riddick (13+) Fri-Sun 4:30-10:10 Mon 10:10 Tue 4:30-10:10 Wed-Thu 10:10
Runner Runner (13+) Thu 10
Rush (G) Fri 2:10-5-7:50-10:45 Sat 11:15-2:10-5-7:50-10:45 Sun 2:10-5-7:50-10:30 Mon 7:25-10:10 Tue 2:10-5-7:50-10:30 Wed-Thu 7:25-10:10 Fri 1:30-4:15-7:30-10:15 Sat 10:50-1:30-4:15-7:30-10:15 Sun 1:30-4:15-7:30-10:15 Mon 7:15-10 Tue 1:30-4:15-7:30-10:15 Wed-Thu 7:15-10
Les Schtroumpfs 2 (G) Fri-Sun 12:30 Tue 12:30
Les Schtroumpfs 2 3D (G) Fri-Sun 3-5:30-8-10:20 Mon 7:30-9:55 Tue 3-5:30-8-10:20 Wed 7:30-9:55 Thu 7:30
The Sisterhood of the Traveling Pants (G) Sat 11
We're the Millers (13+) Fri-Sun 12:25-2:55-5:20-7:55-10:30 Mon 7:40-10:15 Tue 12:25-2:55-5:20-7:55-10:30 Wed-Thu 7:40-10:15
Zarafa (STC) Sat 11

Barrhaven Cinemas
131 Riocan Dr.

Cloudy With a Chance of Meatballs 2 (G) Sat-Sun 11:55-2:20 Star & Strollers Screening, Thu 1
Cloudy With a Chance of Meatballs 2 3D (G) Fri 7:10-9:40 Sat-Sun 4:45-7:10-9:40 Mon-Thu 5:10-7:50
The Family (14A) Fri 7:20-9:50 Sat-Sun 2-4:50-7:20-9:50 Mon-Thu 4:40-7:20
Insidious: Chapter 2 (14A) Fri 7:30-10 Sat-Sun 12:05-2:30-5-7:30-10 Mon-Thu 5-7:40
Lee Daniels' The Butler (14A) Fri 6:30-9:30 Sat-Sun 12:30-3:30-6:30-9:30 Mon-Thu 4:30-7:30
Planes (G) Sat-Sun 12-2:15
Planes 3D (STC) Fri 6:50 Sat-Sun 4:30-6:50 Mon-Thu 5:15
Prisoners (14A) Fri 8 Sat-Sun 1-4:25-8 Mon-Thu 7
Rush (14A) Fri 7:20-10:15 Sat-Sun 1:40-4:30-7:20-10:15 Mon-Thu 4:35-7:25 Star & Strollers Screening, Thu 1
The Sisterhood of the Traveling Pants (G) Sat 11
We're the Millers (14A) Fri-Sun 9:15 Mon-Thu 7:45

SilverCity
2385 City Park Dr.

2 Guns (14A) Fri 1-4-6:55-9:50 Sat 10:25-1-4-6:55-9:50 Sun 1-4-6:55-9:50 Mon 4-8:10-9:50 Tue 1-4-6:55-9:50 Wed-Thu 1-4-9:50
The Art of the Steal (14A) Fri-Wed 7:45-10:10 Thu 7:45
Battle of the Year 3D (PG) Fri 1:10-4:10-7:10-10:05 Sat 10:10-1:10-4:10-7:10-10:05 Sun-Thu 1:10-4:10-7:10-10:05
Cloudy With a Chance of Meatballs 2 (G) Fri 12:15-2:40-5:05-7:30-10 Sat 9:55-12:15-2:40-5:05-7:30-10 Sun 12:15-2:40-5:05-7:30-10 Mon 2:40-5:05-7:30-10 Tue 12:15-2:40-5:05-7:30-10 Wed 5:05-7:30-10 Thu 2:40-5:05-7:30-10 Star & Strollers Screening, Wed 1
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Thu 1-3:25-5:50-8:20-10:45
Def Leppard Viva Hysteria Concert (STC) Wed-Thu 7:30
Despicable Me 2 (G) Fri-Sun 12:35 Mon 3:05 Tue 12:35 Wed-Thu 3:05
Despicable Me 2 3D (G) Fri 3:05-5:35-8:05-10:35 Sat 10:05-3:05-5:35-8:05-10:35 Sun 3:05-5:35-8:05-10:35 Mon 5:35-8:05-10:35 Tue 3:05-5:35-8:05-10:35 Wed-Thu 5:35-8:05-10:35
Don Jon (18A) Fri 12:25-2:55-5:25-7:55-10:35 Sat 10-12:25-2:55-5:25-7:55-10:35 Sun 12:25-2:55-5:25-7:55-10:35 Mon 2:55-5:25-7:55-10:35 Tue 12:25-2:55-5:25-7:55-10:35 Wed-Thu 2:55-5:25-7:55-10:35
Enough Said (PG) Fri 12:30-3-5:30-8-10:30 Sat 10:05-12:30-3-5:30-8-10:30 Sun 12:30-3-5:30-8-10:30 Mon 3-5:30-8-10:30 Tue 12:30-3-5:30-8-10:30 Wed 3:15-5:30-8-10:30 Thu 3-5:30-8-10:30 Star & Strollers Screening, Thu 1
The Family (14A) Fri 1:05-4:05-7:05-9:55 Sat 10:25-1:05-4:05-7:05-9:55 Sun-Thu 1:05-4:05-7:05-9:55
Gravity 3D (PG) Thu 10
Insidious: Chapter 2 (14A) Fri-Sun 12:45-3:15-5:45-8:15-10:45 Mon 1-3:50-10:45 Tue 12:45-3:15-5:45-8:15-10:45 Wed-Thu 3:15-5:45-8:15-10:45
Lee Daniels' The Butler (14A) Fri 1:20-4:20-7:20-10:20 Sat 10:20-1:20-4:20-7:20-10:20 Sun-Thu 1:20-4:20-7:20-10:20
Metallica: Through the Never — An IMAX 3D Experience (14A) Fri-Sun 12:20-2:50-5:20-7:50-10:15 Mon 2:50-5:20-7:50-10:15 Tue 12:20-2:50-5:20-7:50-10:15 Wed-Thu 2:50-5:20-7:50-10:15
Paulette (STC) Mon 1-7
Percy Jackson: Sea of Monsters (PG) Fri-Sun 12:40 Mon 3:10 Tue 12:40 Wed 1:25 Thu 3:10
Percy Jackson: Sea of Monsters 3D (PG) Fri 3:10-5:40-8:10-10:40 Sat 10:10-3:10-5:40-8:10-10:40 Sun 3:10-5:40-8:10-10:40 Mon 5:40-10:40 Tue 3:10-5:40-8:10-10:40 Wed 4-10:40 Thu 5:40-8:10-10:40
Planes (G) Fri-Sun 12:15 Mon 2:45 Tue 12:15 Wed-Thu 2:45
Planes 3D (STC) Fri 2:45-5:15 Sat 10-2:45-5:15 Sun 2:45-5:15 Mon 5:15 Tue 2:45-5:15 Wed-Thu 5:15
Prisoners (14A) Fri-Sun 12:15-3:35-7-10:25 Mon 3:35-7-10:25 Tue 12:15-3:35-7-10:25 Wed-Thu 3:35-7-10:25
Runner Runner (14A) Thu 10:15
Rush (14A) Fri-Thu 1:30-4:25-7:25-10:25
The Sisterhood of the Traveling Pants (G) Sat 11
We're the Millers (14A) Fri 1:15-4:15-7:15-10:10 Sat 10:15-1:15-4:15-7:15-10:10 Sun-Wed 1:15-4:15-7:15-10:10 Thu 1:15-4:15-7:15

Empire Theatres Orleans
6 Cinemas
3752 Innes Rd.

Battle of the Year (PG) , Fri 6:10 , Sat-Sun 12:15-6:10 , Mon 6:40 , Tue 12:15-6:10 , Wed-Thu 6:40 Battle of the Year 3D (PG) Fri-Sun 3:15-9 Mon 9:25 Tue 3:15-9 Wed 9:25 Cloudy With a Chance of Meatballs 2 (G) , Fri 6:30 , Sat-Sun 12:30-6:30 , Mon 6:45 , Tue 12:30-6:30 , Wed-Thu 6:45
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Sun 3:30-9:10 Mon 9:15 Tue 3:30-9:10 Wed-Thu 9:15
Don Jon (18A) , Fri 4:10-7:15-9:45 , Sat-Sun 1:15-4:10-7:15-9:45 , Mon 7:10-9:40 , Tue 1:15-4:10-7:15-9:45 , Wed-Thu 7:10-9:40
The Family (14A) , Fri 3-6-8:45 , Sat-Sun 12:10-3-6-8:45 , Mon 6:20-9 , Tue 12:10-3-6-8:45 , Wed-Thu 6:20-9
Gravity 3D (PG) , Thu 10
Il pleut des hamburgers 2 (G) , Fri 3:45-6:40 , Sat 1:10-3:45-6:40 , Sun 1:10-3:45-6:40 , Mon 6 , Tue 1:10-3:45-6:40 , Wed 6 , Thu 6 Insidious: Chapter 2 (14A) , Fri 4:30-7:30-10:15 , Sat-Sun 1:30-4:30-7:30-10:15 , Mon 7-9:45 , Tue 4:30-7:30-10:15 , Wed-Thu 7-9:45
Lee Daniels' The Butler (14A) , Fri 3:10-6:15-9:30 , Sat-Sun 12-3:10-6:15-9:30 , Mon 6:10-9:10 , Tue 12-3:10-6:15-9:30 , Wed-Thu 6:10-9:10
Prisoners (14A) , Fri 4:20-8-9:20 , Sat-Sun 12:45-4:20-8-9:20 , Mon 7:15-8:45 , Tue 12:45-4:20-8-9:20 , Wed-Thu 7:15-8:45
Rush (14A) , Fri 4-7-10 , Sat-Sun 1-4-7-10 , Mon 6:30-9:30 , Tue 1-4-7-10 , Wed-Thu 6:30-9:30
We're the Millers (14A) , Fri 4:15-7:20-10:10 , Sat-Sun 1:20-4:15-7:20-10:10 , Mon 6:50-9:35 , Tue 1:20-4:15-7:20-10:10 , Wed-Thu 6:50-9:35

Not your usual finds

SOUND CHECK
Alan Cross
scene@metronews.ca

We're officially into the fall record release season — although not all of these tracks will appear in stores

Wrecking Ball (Nickelback version)

Last week I subjected you to the Nicholas Cage version of this song (i.e. Miley's head replaced with Cage's). The newest derivation features Chad Kroeger's head. Again, proceed with caution.

Gimme/Beck

There won't be a full album until next year so this single — also available as a 12-inch vinyl — will have to do until then.

Scentless Apprentice/ Nirvana

The 20th anniversary of the release of In Utero was marked with a new reissue this week. Part of the package includes live recordings from a show in Seattle from December 1993.

Where the gifted and born sinners meet

Tour. Rappers Wale and J. Cole, two of hip-hop's fastest rising stars, are set to hit stages across the U.S.

MICHAEL GREGER
Metro World News in New York

Wale BOTH IMAGES GETTY

Wale wasn't satisfied. Already a hip-hop heavyweight with a Grammy nomination and a Soul Train award for 2011's Lotus Flower Bomb, he felt the need to change his sound.

"It was all about making a connection with my fans," said the artist, who was born Olubowale Victor Akintimehin. "This is one sound, very soulful … something a little different."

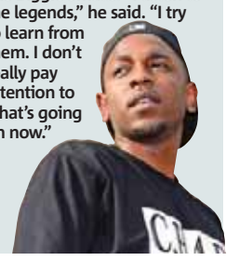
He's seemingly made that connection with The Gifted. The album sold 158,000 copies in its first week.

Now the D.C. native is on tour, with J. Cole (the rapper behind the album Born Sinner) along for the ride. "It was long overdue," Wale said of joining forces with J. Cole. "We used to talk like if we ever got a break, if we ever made it big, we would do this. We put out stuff before, but never on the level we are now."

Although The Gifted reads like a who's who list of the hip-hop world, there is one notable exception: his tour-mate, J. Cole. When talk of a collaborative album with the rapper comes up, Wale's voice perks up. "Yeah, at some point," Wale said. "That would be a good idea … if time permits."

Sensitive rapper

One of Wale's peers, Kendrick Lamar, caused quite the stir — scratch that, the L.A. emcee put the hip-hop world on notice — last month when he declared himself the best. Lamar put several rappers on blast, including Wale, whom he mentioned by name in a verse on Big Sean's Control. Wale wouldn't comment on the verse. In fact, when the topic came up, he hung up. However, he did note he doesn't really listen to his peers. He keeps his iPod tuned to the greats, like Biggie Smalls. "I listen to the legends," he said. "I try to learn from them. I don't really pay attention to what's going on now."

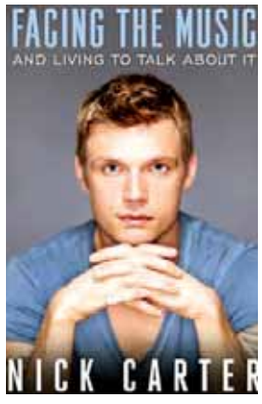


CROSSTOWN TRAFFIC
RECORDS
PIPES
DVDs
2 LOCATIONS:
593 Bank St.
in the Glebe
613-234-1210
396 Athlone Ave.
in Westboro
613-728-4800

Facing the music: Nick Carter dishes on life as a pop phenom

Memoir. Backstreet Boy talks to Metro about his new book, wedding plans and upcoming documentary

MEREDITH ENGEL
Metro World News



It's a good time to be Nick Carter: The singer is celebrating 20 years (!) with the Backstreet Boys, is engaged to fitness pro Lauren Kitt and has just published a memoir.

Facing the Music and Living to Talk About It doesn't shy away from the low points of Carter's life, like his battles with substance abuse, and also examines the crazy whirlwind of a life that comes with being an international pop phenom. We stole a few minutes of Carter's time after a recent book signing.

Why was now the right time for a book?

There's never a right time. I kind of let things happen for a reason and that's what happened. I did the show (about my addiction struggles) with Dr. Phil about a year ago, and he mentioned (a book), so we ran with it. I just started writing it to see how it would feel, and then it started feeling really good, therapeutic, and then things started clicking. (I felt) like this could be something that may be helpful to someone who I like to say is in a moment of strength — instead of a moment of weakness — when they want to overcome something.

Were you nervous to put yourself out there?

That's the only way I can be. It's all about just putting it all out there. There's so many things in life that use the same theory, and that's: "If you can't be real, then what are you doing it for?" … I wasn't scared, I was more relieved after it was finally released. I feel every single day as if I'm learning from this experience. Because as an entertainer, yeah, I do give back, but not in this way.

You weren't shy about naming names in the book. You spoke about how your relationship with Paris Hilton fuelled some of your problems.

Everyone knew about what was going on and, you know, I wasn't perfect, she wasn't perfect, we just weren't meant for each other at that time. It wasn't the right dynamic. It fed off of each other's faults and depression and misery. It just wasn't good for me at that time.

You're getting married! How far are you into wedding planning?

We're looking (at) I'd say either January or March. We haven't decided that. We are actually in the middle of doing a presentation for a TV show. It might happen — I mean, it's like 70/30 — so we're really working on it and we'll see what happens. But VH1 is interested and it's going to be based around the marriage and about the struggles that still happen to this day, but much more lighthearted stuff.

And the Backstreet Boys have a documentary coming out too, right?

That'll be coming out next year as well. We've been through 20 years of a lot and I think people are interested in how we became who we are … the individuals, our dynamic, the kind of group we are, the success, the failures, everything in one documentary.

Backstreet Boy Nick Carter has just published a memoir: Facing the Music and Living to Talk About It. GETTY IMAGES

10 fun facts about everything Cher

Closer to the Truth. With a new album coming out this week and an upcoming tour, the diva is ready for her big comeback

ANDREA PARK
Metro World News

Cher hasn't recorded an album in more than a decade, but the diva has been busy lately promoting her new album, Closer to the Truth, which hit stores this week.

She performed her lead single, Woman's World, on the Today Show and has been making the media rounds as part of her big comeback — and she has a lot to say. Here are 10 fun facts to bring you up to speed on everything Cher.

1. She is her own harshest critic. After her Today Show performance Tuesday, Cher took herself to task on Twitter. She responded to her fans' praise of her singing and tweeted: "Guess IT Wasn't As Bad As I Thought? Wait, Let Me Rephrase THAT … I Diidnt Hit Notes, Hit Some (Flat), Sharp, Missed BRIDGE on IHYFI, PPL R KIND."

2. Speaking of Twitter, Cher is on it all day. Typos be damned, no celeb can tweet up a storm like Cher can. She tweeted that she can't handle anything more technologically advanced than a rubber band, but that hasn't stopped her from tweeting style tips, birthday messages to fans and a running commentary on her daily life.

3. She's a mama's girl, and proud of it. Along with her album, Cher just released a documentary for purchase called Dear Mom, Love Cher. The diva originally planned to make a 16-minute video tribute to her 87-year-old mother, Georgia Holt, incorporating old tapes of an album Holt recorded, but never released, in 1980. The video turned into an hour-long documentary that aired on Lifetime in May.

4. She hates being "old." Cher doesn't look her age, but she feels it. She's told interviewers that she's 100 or a million years old, but she's actually 67. She told CBS, "People are so shocked that I say I don't like getting older, because I think you're supposed to say, 'Oh, I'm better than ever, and it's great, and blah, blah, blah.' Uh-uh. Not happening for me."

5. She turned down the chance to sing at the upcoming Olympics. Cher is anti-discrimination and she's not happy about Russia's stance on LGBT citizens. She said she was asked to open the Olympics show in Sochi and declined due to the country's treatment of gays.

6. She didn't like Miley Cyrus' VMAs act. She told CBS she doesn't have a problem with out-there performances or esthetics, but she does have a problem with "things done badly." She said of the performance, "Outfit, terrible. Dancing, terrible. Singing, average. Performance, terrible."

7. She is a fan of both Clintons. Count Cher in for Hillary 2016. She told the Guardian that "Hillary Clinton would make a fine president. I also think that Bill would be an awful lot of help."

8. She has a love-hate relationship with touring. Cher told Today that being on tour has drawbacks. "I understand why guys in bands tear up hotel rooms and throw TVs out the windows. Because it's a very lonely place. The only time you have fun is at the concerts."

9. She struggled with Chaz Bono's sex change. She told CBS she was afraid of "losing" her daughter but that Chaz stayed the same person.

10. Her tour starts next year. This will be Cher's first tour in more than eight years. The Dressed to Kill tour begins on March 22 in Phoenix.

Cher during her performance on the Today Show on Tuesday. GETTY IMAGES

Bryan breaks down Breaking Bad

Series finale. Cranston talks about the role of a lifetime and how we're all capable of becoming a person like Heisenberg

NED EHRBAR
Metro World News in Hollywood

I had the chance to visit the set of Breaking Bad a few months ago. It's close to freezing in downtown Albuquerque, N.M., but Bryan Cranston isn't allowed to let on that he's cold.

He and Aaron Paul are currently filming a scene in a public square, and though it's the dead of winter in real life, there's apparently no such thing as the dead of winter in the Breaking Bad universe.

"They try not to show really any season. It's like, light jackets, windbreakers. We're never in big jackets, you'll never see that. I always wear a T-shirt," Cranston explains.

Dangerous

"My personal feeling is that every single human being is capable of becoming a Heisenberg of their own."

Bryan Cranston
On playing Walter White

"My hands are still cold right now."

And that can make shooting the hit series a bit uncomfortable.

"These are conditions; these are little things. Sometimes we're shooting in August and we have to look cool, and sometimes we're shooting in winter and we have to look hot," he says.

Weather woes are just one of the details we picked up from Cranston during a visit to the set of the hit series, a job that has earned Cranston awards and accolades and reinvented his career through playing high school teacher turned meth dealer Walter White. Here's what else we learned.

He doesn't know if Walt can be redeemed — and he doesn't care:
"Is it important? It's such a subjective viewpoint. I don't judge him," Cranston says. "This was all designed. This series is unlike any in the history of television. This show was meant to be discomforting. The hook was to make him sympathetic. We knew that if we could make you sympathize with him at first — in the first couple episodes, we were rooting for him. You were rooting for him to make crystal methamphetamine and sell it to the world. Why is that good? There is ambivalence even in that."

He has a hair strategy:
"I grow hair out. As soon as every season is done I start growing my hair and start growing my (facial) hair. So I would end up with a full beard and hair, and whatever job is next I would then be able to sculpt how I wanted that look," he says. "Just before Argo, I was shooting Total Recall in Toronto, and just before Total Recall, I was shooting Breaking Bad. Season four had just ended, I believe. So my hair was short and I wore a wig (for Total Recall), and then as my hair is growing, by the time Argo came along it was long enough to portray this CIA officer."

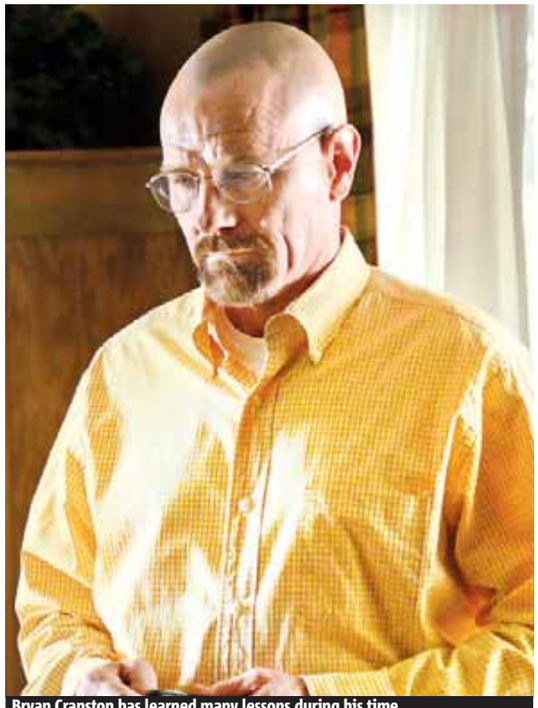
He can no longer dress himself:
"I don't care what a I look like. Look at me, I'm kind of a slob when I'm not dressed in Prada that someone dressed me and put on me and laid out for me," says Cranston, dressed comfortably in jeans and a plaid flannel shirt. "But I like it that way. I'm so used to people laying clothes out for me, like wardrobe people will. And my wife and daughter love doing that, so I don't have to pick out clothes except when I'm here and no one's around."

He's found his outlet:
"Some cope with medication, some cope with calming. I run, and when I run I spew," Cranston says. "I get rid of aggressions and anxieties, and I run. It's a solo act for me. I always sleep better, I always eat better because I feel good about what I've done, I'm more regular — all the things you don't want to know. And my wife now is like, 'Can you go run?' She can sense it. We all need an outlet, and you're lucky if you find it."

Playing this role has changed him:
"It's dropped my voice," Cranston reveals.

"If you go back (to the first season,) a couple things have happened. My posture has changed. When I was Walter more often, I was rolled over and kind of world-weary, and my posture changes when I go into Heisenberg. My voice drops, and by dropping my voice — just thinking it, feeling it — my own voice has dropped. It's a little bit lower."

Everyone is capable of breaking bad:
"My personal feeling is that every single human being is capable of becoming a Heisenberg of their own. I believe that anyone could become very dangerous given the right set of circumstances, the right buttons being pushed."



Bryan Cranston has learned many lessons during his time on Breaking Bad. CONTRIBUTED

Interview

How Jesse gets into character

We're on the set of Breaking Bad, watching as a pivotal scene in the final episodes of the series is filmed, when an odd sound comes over the headset: rapid, intense breathing, almost hyperventilation, through gritted teeth. Turns out it's just Aaron Paul getting into character.

"I get intense during shooting. Prepping to roll today, I don't know if you saw, but I do get in it," Paul explains later that evening. "(I) make weird grunting noises for some reason; I don't know what it is. Just trying to really feel like I'm living these moments."

And those moments have been anything but pleasant for Paul as his character, Jesse Pinkman, has been put through the ringer in the run-up to the series finale. "It's emotionally wrecked me, yeah. I've truly lived and breathed this character," he says. "I have a personal connection to him and I love him to death and I want to protect him. It's definitely changed my life."

Don't expect any spoilers from him though.

"Everyone acts like they want to know, but deep down you don't want to know," he says. "You want to live through watching the episodes. You don't want to read the end of a book before you start it."

Paul acknowledges that his future as an actor is incredibly bright, coming off the acclaim and success of Breaking Bad. But he's definitely putting Jesse Pinkman and his ilk to rest for a while. "Do I want to jump onto another loveable drug addict? No. I want to steer far away from that," he says, though don't expect to see him headlining a rom-com anytime soon.

NED EHRBAR/ MWN

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Open-minded Gwyneth tempts fate with fidelity comment

MELINDA TAUB
Metro World News in NYC

Cheating on your spouse is a big no-no for most people, unless you're married to a really chill, go with the flow kind of lady. You know, like Gwyneth Paltrow.

In her latest film, Thanks for Sharing, Paltrow plays a woman dating a sex addict, and she says she could handle it in real life if her spouse was unfaithful.

"I think that if the idea of being committed to someone is important to you, you begin to value certain parts of your social life over another. No couple is the same, and as such, every couple takes on different challenges. I would like to think that I would be forgiving and/or forgiven, but I can't give an honest answer as I haven't really experienced that," said Paltrow, who's married to Coldplay musician Chris Martin.

Paltrow would be totally cool about cheating, but it doesn't matter, because no one has ever, ever cheated on her. Got it.

The Iron Man star also said she'd be able to deal with dating a sex addict. "I'm an extremely open-minded person, so I think if it was something I knew I was getting myself into, I wouldn't let it deter me from exploring the relationship." I love her. I really do.

Daddy Lohan's secret daughter goes under knife to look like Lindsay. Yikes!

Michael Lohan

Oh my lord, this story makes us want to become nuns, or vegans or something. Something really pure and sober and far away from this kind of Hollywood nastiness. Remember a few years ago when it was revealed that Lindsay Lohan's father Michael Lohan had fathered a secret daughter while still married to Dina Lohan? That daughter, Ashley Horn, is 18 now, and she's gotten $25,000 of plastic surgery to look more like Lindsay. Are you back from staring blankly at the horizon, a sweaty drink clutched in your hand? Cool. "My goal was to look like Lindsay in her good days, when she was around 18, 19 years old," Horn, who has never met her famous sister, told In Style. She doesn't, really, but Ashley's apparently pleased with the results. "I'm hotter than Lindsay!" she said. "I have no problem saying that."
Oh, I think you have any number of problems, girl.

Brad Pitt and Shia LaBeouf. ALL IMAGES GETTY

Attention! Wilderness bonding awaits for privates Pitt and LaBeouf

Brad Pitt, Shia LaBeouf and three other Fury cast-members were "ordered to go camping together" recently in the English countryside in preparation for the film, according to Us Weekly. "They play soldiers in the same World War II troop, and the director (David Ayer) wanted to make sure they bonded," a source says. "So he dropped them in the wilderness — without their cellphones."

LIFE 3

Baking Beekman style: Buttermilk Pie

The Fabulous Beekman Boys. Josh Kilmer-Purcell and his partner Brent Ridge are still enjoying country life — and eats

IZABELA SZYDLO
lfie@metronews.ca

Josh Kilmer-Purcell and Brent Ridge of The Fabulous Beekman Boys. CONTRIBUTED

What do you do after leaving the hectic pace of New York City to buy a 19th century farmhouse in upstate New York?

If you're couple Josh Kilmer-Purcell and Brent Ridge, you launch a local produce company called Beekman 1802 (now one of the fastest growing lifestyle brands in the U.S.) and learn to be farmers — with cameras in tow. Then you race around the world on the Amazing Race — and win.

After their 2012 win, Kilmer-Purcell and Ridge are once again gracing TV screens with a new season of The Fabulous Beekman Boys (Tuesdays, 10 p.m. on Cottage Life TV).

The couple also recently published its first book — The Beekman 1802 Heirloom Dessert Cookbook: 100 Delicious Heritage Recipes from the Farm and Garden.

Of this Buttermilk Pie with Pecan Crust, the boys say, "This delectable pie is something Grandma might have made with pecans from the backyard tree and tangy buttermilk. This pie is sweet, rich and just plain lovely."

This recipe serves eight. CONTRIBUTED

Ingredients

Crust
- 1 cup all-purpose flour (spooned into cup and levelled off)
- 1/3 cup pecans
- 3 tbsp granulated sugar
- 1/2 tsp salt
- 4 tbsp (1/2 stick) cold unsalted butter, cut into bits
- 1 large egg
- Flour for the work surface

Filling
- 11/4 cups granulated sugar
- 3 tbsp cornstarch
- 3 large eggs
- 6 tbsp (3/4 stick) unsalted butter, melted
- 11/3 cups buttermilk
- 1 tsp grated lemon zest
- 1/2 tsp freshly grated nutmeg
- Pecans for garnish (optional)

1. Crust: In food processor, combine flour, pecans, sugar, and salt and pulse until pecans are finely ground. Add butter and egg and pulse until dough holds together when pinched but does not form ball. Pat into a flat disk and refrigerate for at least 30 minutes or up to a day.

2. On a lightly floured work surface, roll out the dough to a 12-inch round. Roll dough around rolling pin and fit into a 9-inch pie plate without stretching it, pressing the dough into the bottom and against the sides of the pan. With a pair of scissors or a paring knife, trim the dough to leave a 1-inch overhang all around. Fold the overhang in over the rim to make a double layer of dough and, with your fingers, crimp the dough around the edge. Refrigerate for at least 1 hour before baking (this helps relax dough so it doesn't shrink when baking).

3. Preheat the oven to 400 F. Line the pie shell with foil or parchment paper, leaving an overhang, and fill with pie weights or dried beans to weight the crust down. Bake for 15 minutes, then remove the foil and weights and bake for 10 minutes longer or until golden. Remove the pie shell and leave the oven on but reduce the temperature to 325 F.

4. Filling: In food processor, combine sugar and cornstarch and pulse until combined. Add the eggs, butter, buttermilk, lemon zest, and nutmeg and process until combined.

5. Pour the mixture into the warm pie shell and bake for 55 minutes to 1 hour, or until the filling is set and just slightly wobbly in the centre. Let cool on a wire rack. Serve at room temperature or chilled, garnished with pecans, if you like.

RECIPE ADAPTED FROM THE BEEKMAN 1802 HEIRLOOM DESSERT COOKBOOK

Liquid Assets

O, Canada

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

How does fall know? As soon as the first day of autumn hits, there's a noticeable chill in the air and leaves start dropping faster than beats from a Jay Z album.

Actually, I love fall. There's Thanksgiving (my fave wine buying holiday), Halloween and a vibe in the air that gets my palate in the mood for a warming glass of whisky. The rustic aromas and robust flavours of whisky is a perfect foil for the season.

While Canadian whisky has languished in the shadow of its American, Irish and Scottish cousins for way too long, new artisan producers have taken the brown spirit category by storm. Nova Scotia's Glenora makes the only true Canuck single malt at its distillery in Glenville on Cape Breton Island. Though Glenora's Glen Breton Rare 10 Year Old Single Malt Canadian Whisky ($72.95 to $88.10) doesn't hide its Scottish influences, it adds its own twist with soft aromatics and a smooth attack on the palate.

Typically served on its own or over ice, it makes an appealing partner for many cheeses and desserts, especially the pecan-influenced pie sharing my page today.

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4 SPORTS

Women's tennis

Venus beats Bouchard in 'fight to the end'

Montreal's Eugenie Bouchard was unable to continue her string of big wins at the Pan Pacific Open, but she impressed American veteran Venus Williams in their quarter-final match Thursday.

Williams defeated the Canadian 6-3, 6-7, 6-3, but she acknowledged that Bouchard made it difficult for her.

"She played so well," Williams said. "She's going to be a great player — she's already a great player — and it was just a fight to the end."

Williams will face Petra Kvitova in the semis. The seventh-seeded Czech beat Svetlana Kuznetsova 6-4, 6-1. THE CANADIAN PRESS

Men's tennis

Raonic serves his way into quarters

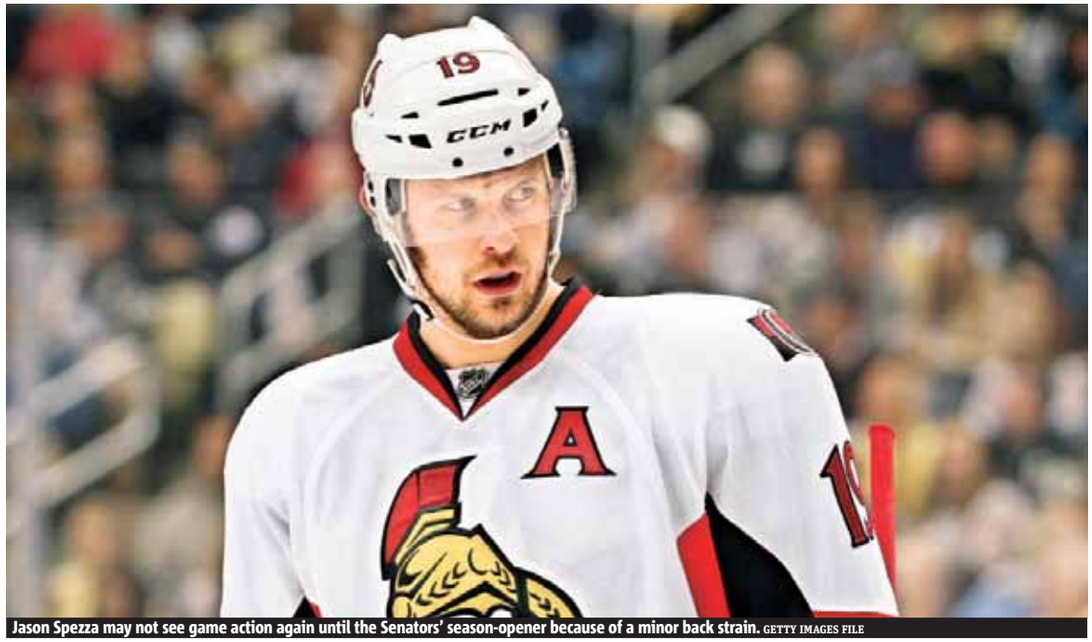
Milos Raonic missed opportunity after opportunity to break his opponent. Fortunately for the Canadian, his serve was good enough to move him into the quarter-finals of the Thailand Open.

Raonic beat Australia's Marinko Matosevic 7-6 (3), 4-6, 6-4 on Thursday to open his autumn swing through Asia despite failing to convert on 15 of his 16 break point chances.

The 11th-ranked player survived a demanding 2 1/2-hour match, finally advancing on a break of serve in the final game.

Raonic had 21 aces and faced only four break points on his serve, saving three of them.

THE CANADIAN PRESS



Jason Spezza may not see game action again until the Senators' season-opener because of a minor back strain. GETTY IMAGES FILE

Spezza downplays injury to his back

NHL. Sens captain says new ailment is a minor strain, unrelated to what led to surgery for a herniated disc

Quoted

"If I feel like there is any chance of straining it a lot more, then I'm not going to play just to play."

Jason Spezza on what is being deemed as a minor back ailment

Jason Spezza says there's no reason to worry about his back.

The Senators' star centre won't be playing in Thursday's pre-season game against Montreal due to a minor strain, but says it has nothing to do with the back injury that forced him to miss most of last season and undergo surgery for a herniated disc.

"I'm just kind of dealing with a little bit of a strain and just want to make sure we deal with it so it doesn't become something that lingers," said Spezza. "I think I should be OK, that's why we are taking the precautions now. As much as I'd like to be playing in these ones and getting ready, the ones in October mean a lot more."

Ideally Spezza would have liked to play in Wednesday's game against Montreal and the rematch on Thursday, but with the regular season just over a week away the new captain doesn't want to risk further injury.

Ottawa has one final pre-season game Sunday against the New York Islanders, but Spezza wouldn't even commit to being ready for that game.

The Senators were also able to breathe a sigh of relief when it came to Bobby Ryan and Erik Karlsson's health Thursday.

Ryan and Karlsson left Wednesday's game against the Canadiens after both were shaken up in collisions. Both spoke to the media after the game and said it was merely precautionary.

THE CANADIAN PRESS

NFL. Key injury may help Lions receiving corps grow, says Calvin Johnson

Calvin Johnson is trying to stay positive after Nate Burleson's injury.

Burleson was coming off a big game last weekend at Washington, but he broke his arm in a car crash early Tuesday, so now the Lions will have to rely on Johnson and a number of less proven options at wide receiver. That didn't work out well last season, when Burleson hurt his leg and the Lions slumped to a 4-12 finish.

Calvin Johnson
GETTY IMAGES FILE

Johnson doesn't sound too worried about a repeat. In fact, he's hopeful some of his teammates will benefit from bigger roles.

"In the end, it's going to make us a very good receiver group," Johnson said. THE ASSOCIATED PRESS

New boss in Florida

Panthers sold for $250M: Source

A person familiar with the situation says the Florida Panthers have been sold to New York businessman Vincent Viola.

The person says Viola will be introduced Friday and is paying $250 million to buy the NHL franchise. The person spoke to The Associated Press on condition of anonymity. Team officials announced "an ownership news conference" would occur Friday morning.

THE ASSOCIATED PRESS

Obituary. Famed sports photographer dead at 82

Denis Brodeur, the father of star goalie Martin Brodeur who enjoyed a lengthy career as one of Canada's most successful sports photographers, has died at age 82.

He shot the Montreal Canadiens for several decades, first as a newspaper man and then as the team's official photographer.

Brodeur was one of two photographers to capture the iconic image of Paul Henderson celebrating the winning goal of the 1972 Canada-Soviet summit series.

Before his media career, Denis Brodeur was also a goalie who won an Olympic bronze medal at the 1956 Cortina d'Ampezzo games.

THE CANADIAN PRESS

Quoted

"In a cut-throat business, he was a true class act."

Ryan Remiorz, a photographer for The Canadian Press

Players locked in to a full schedule

Rangers goalie Martin Biron makes the save on the Oilers' Jordan Eberle during pre-season hockey in Edmonton on Tuesday. Eberle is just one player looking forward to a season without the stresses of a lockout. JASON FRANSON/THE CANADIAN PRESS

One year after lockout. NHLers reflect on last year's uncertainty and this year's excitement

A little over a year ago, Jordan Eberle packed his things and drove from his summer home in Calgary to Edmonton like any other season, but there was one major difference.

"Obviously, I didn't know where I was playing," the Oilers forward said.

The uncertainty of the lockout "overwhelmed everything," in the words of NHLPA executive director Donald Fehr. For players, not having a target date to shoot for a year ago made for a unique challenge.

"You didn't know what was going to happen," Boston Bruins goaltender Tuukka Rask said. "You just didn't want to burn yourself out by working out."

Those worries and so many others are gone. The 2013-14 NHL season features full training camps and exhibition schedules and, most importantly, an 82-game season that feels much more familiar than the 48-game sprint of last season.

"This is a little bit more back to normal," New York Rangers goaltender Henrik Lundqvist said. "After a long summer, you're excited to be back on the ice and get ready and start playing again. The same feeling you had last summer, it was just you never got the chance to start on time. That was disappointing, but we moved past that now and I think everybody's just happy to be back and preparing for a new season. I think both players and hopefully fans feel the same way."

Harmony returned to hockey not too long after the acrimonious lockout ended in January. Fehr was not surprised that the focus shifted quickly from boardroom monotony to intense focus on the ice.

A memorable Stanley Cup final between the Chicago Blackhawks and the Bruins closed out the spectacular season that almost wasn't. It was the most watched final on record, and other ratings and attendance figures made the lockout seem like a distant memory.

"It's almost like it was forgotten about a week after you start playing," NHL executive vice president and director of hockey operations Colin Campbell said. THE CANADIAN PRESS

Lockout fallout

An even split of hockey-related revenue between the owners and players set the salary cap at $64.3 million, making for plenty of roster questions in the closing days of the pre-season.

- Realignment into four divisions and a new playoff format emphasizing division play and rivalries adds a layer of unpredictability to the proceedings.
- The Red Wings and Blue Jackets' move to the Eastern Conference could displace one or more playoff teams while the Winnipeg Jets got a geographic gift with their shift to the Western Conference.

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EAST DIVISION

	W	L	Pct	GB
Boston	96	63	.604	—
Tampa Bay	89	69	.563	6½
Baltimore	82	76	.519	13½
New York	82	76	.519	13½
Toronto	72	86	.456	23½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	93	66	.585	—
Cleveland	88	70	.557	4½
Kansas City	83	75	.525	9½
Minnesota	66	92	.418	26½
Chicago	62	96	.392	30½

WEST DIVISION

	W	L	Pct	GB
Oakland	94	65	.591	—
Texas	87	71	.551	6½
Los Angeles	78	80	.494	15½
Seattle	70	89	.440	24
Houston	51	108	.321	43

Thursday's results
Toronto at Baltimore
Tampa Bay at N.Y. Yankees
L.A. Angels at Texas
Kansas City at Chicago White Sox
Cleveland at Minnesota
Wednesday's results
L.A. Angels 3 Oakland 1
Cleveland 7 Chicago White Sox 2
Baltimore 9 Toronto 5
Tampa Bay 8 N.Y. Yankees 3
Texas 7 Houston 3
Detroit 1 Minnesota 0
Seattle 6 Kansas City 0
Friday's games — All times Eastern
Boston (Buchholz 11-1) at Baltimore (Feldman 5-5), 7:05 p.m.
Tampa Bay (Hellickson 12-9) at Toronto (Dickey 13-13), 7:07 p.m.
L.A. Angels (Wilson 17-7) at Texas (Ogando 7-4), 8:05 p.m.
N.Y. Yankees at Houston (Oberholtzer 4-4), 8:10 p.m.
Kansas City (Shields 12-9) at Chicago White Sox (Sale 11-13), 8:10 p.m.
Cleveland (Kluber 10-5) at Minnesota (Hernandez 3-2), 8:10 p.m.
Oakland (Colon 17-6) at Seattle (Hernandez 12-9), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	93	65	.589	—
Washington	84	75	.528	9½
New York	73	85	.462	20
Philadelphia	72	86	.456	21
Miami	59	100	.371	34½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	94	65	.591	—
Pittsburgh	91	68	.572	3
Cincinnati	90	69	.566	4
Milwaukee	71	87	.449	22½
Chicago	66	93	.415	28

WEST DIVISION

	W	L	Pct	GB
Los Angeles	91	67	.576	—
Arizona	80	78	.506	11
San Diego	74	84	.468	17
San Francisco	73	85	.462	18
Colorado	72	87	.453	19½

Thursday's results
Arizona at San Diego
Milwaukee at N.Y. Mets
Philadelphia at Atlanta
L.A. Dodgers at San Francisco
Wednesday's results
N.Y. Mets 1 Cincinnati 0
St. Louis 4 Washington 1
Chicago Cubs 4 Pittsburgh 2
Milwaukee 4 Atlanta 0
Miami 3 Philadelphia 2
Boston 15 Colorado 5
San Diego 12 Arizona 2
San Francisco 6 L.A. Dodgers 4
Friday's games — All times Eastern
Detroit (Porcello 13-8) at Miami (Koehler 4-10), 7:10 p.m.
Milwaukee (Gallardo 11-10) at N.Y. Mets (Torres 4-5), 7:10 p.m.
Pittsburgh (Burnett 9-11) at Cincinnati (Bailey 11-11), 7:10 p.m.
Philadelphia (Lee 14-7) at Atlanta (Medlen 14-12), 7:30 p.m.
Chicago Cubs (Wood 9-11) at St. Louis (Lynn 14-10), 8:15 p.m.
Washington (Strasburg 7-9) at Arizona (Corbin 14-7), 9:40 p.m.
Colorado (McHugh 0-3) at L.A. Dodgers (Kershaw 15-9), 10:10 p.m.
San Diego (Smith 1-2) at San Francisco (Vogelsong 3-6), 10:15 p.m.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

Friday's game — All Times Eastern
B.C. at Winnipeg, 8 p.m.
Saturday's games
Calgary at Hamilton, 6 p.m.
Toronto at Edmonton, 9 p.m.
Sunday's game
Saskatchewan at Montreal, 1 p.m.

NFL

WEEK 4

Thursday's result
San Francisco at St. Louis
Sunday's games — All Times Eastern
Seattle at Houston, 1 p.m.
N.Y. Giants at Kansas City, 1 p.m.
Pittsburgh at Minnesota, 1 p.m.
Baltimore at Buffalo, 1 p.m.
Arizona at Tampa Bay, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
Indianapolis at Jacksonville, 1 p.m.
Chicago at Detroit, 1 p.m.
N.Y. Jets at Tennessee, 4:05 p.m.
Philadelphia at Denver, 4:25 p.m.
Dallas at San Diego, 4:25 p.m.
Washington at Oakland, 4:25 p.m.
New England at Atlanta, 8:30 p.m.
Monday's game
Miami at New Orleans, 8:40 p.m.

MLS

Friday's game — All Times Eastern
Philadelphia at Kansas City, 8 p.m.
Saturday's games
D.C. United at Toronto FC, 1 p.m.
Real Salt Lake at Vancouver, 7 p.m.
Houston at New England, 7:30 p.m.
Montreal at Chicago, 8:30 p.m.
Sunday's games
Los Angeles at Portland, 3:30 p.m.
Columbus at FC Dallas, 8:30 p.m.
New York at Seattle, 9 p.m.
San Jose at Chivas USA, 11 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Get your head out of the clouds and be more practical. No matter how pleased you may be by recent events, you cannot afford to believe that nothing will change. Fantasy is fun but the real world matters.

♉ Taurus
April 21 - May 21
You may feel guilty that you have not spent more time with someone you are fond of but they understand, so don't beat yourself up. You will get plenty of chances to make it up to them over the weekend.

♊ Gemini
May 22 - June 21
Something will go wrong today but it's no big deal. Stay calm and tackle the problem in a controlled way. Others will react on an emotional level, so you must keep your head.

♋ Cancer
June 22 - July 23
A difficult decision involving a family matter will have to be made and you must make the final call. You may not want to hurt a loved one's feelings but sometimes you have to be cruel to be kind.

♌ Leo
July 24 - Aug. 23
You need to streamline your workload and you can start by knocking minor projects on the head. If they don't take you closer to your number one goal then they are a waste of time — get rid of them.

♍ Virgo
Aug. 24 - Sept. 23
Conserve your energy. The planets indicate that the weekend could be extra busy, so make use of today's less stressful aspects to rest.

♎ Libra
Sept. 24 - Oct. 23
Promise yourself that no matter what kind of situation you find yourself in you will find a way to turn it to your advantage. You're nothing if not creative.

♏ Scorpio
Oct. 24 - Nov. 22
You are many things but no way are you stupid. Which makes you wonder why someone is trying to get you interested in a plan that has no way of ever succeeding.

♐ Sagittarius
Nov. 23 - Dec. 21
There are some things that even a fun-loving Sagittarian finds too serious to laugh about and one such topic is dominant now. Others may mock but you think a sense of respect is in order and intend to act accordingly.

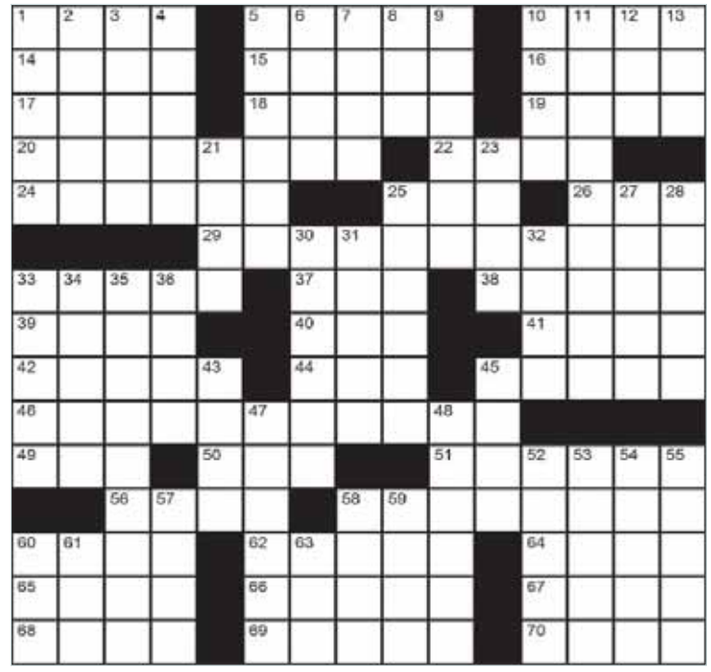
♑ Capricorn
Dec. 22 - Jan. 20
Try to be tolerant of people who see life from a different angle. Some of them may be a bit lacking in the brain box department but it takes all sorts to make a world.

♒ Aquarius
Jan. 21 - Feb. 19
Strive to stay on good terms with partners, whatever differences of opinion you may have had recently. You will need all the support you can get over the weekend, so don't alienate anyone.

♓ Pisces
Feb. 20 - March 20
If there are any loose ends of a financial nature that need to be tied up then get tying now because come Sunday you will no longer be in charge of what happens. SALLY BROMPTON

Crossword: Canada Across and Down

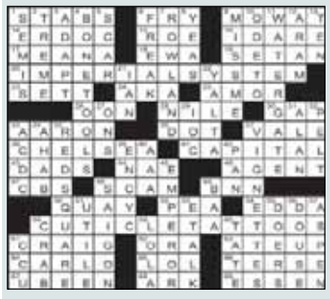
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Glycolic __ (Skin product ingredient)
5. Olympic award
10. Quickened
14. Singer, __ _. King
15. Picture
16. Director Mr. Preminger
17. Norwegian king, variantly
18. Metric weights, for short
19. Place for makeup
20. Kingston, ON: Royal __ College of Canada
22. Faux-teller
24. Song type
25. Racket
26. '_' __ for Montreal
29. Canadian chocolate bar: 2 wds.
33. Suits components
37. Curve
38. Juno-winning band from Winnipeg, __ & Hawk
39. But: German
40. Eggs of fish
41. Kin of Eire
42. Mr. Bean portrayer, __ Atkinson
44. Have
45. Actress, Kirsten __
46. Singer nicknamed 'Canada's Country Gentleman': 2 wds.
49. Music style
50. Natalie Cole's father
51. Chips with gooey cheese
56. Light beams
58. Architectural landmark in Toronto: 2 wds.
60. British songstress, __ Dee
62. Vera Wang customer
64. Parliament Hill worker
65. Hold on property
66. Someone who appraises
67. Keep in __ (Dance teacher's instruction)
68. Politician Mr. Romney
69. Moulding styles
70. Royal Canadian __

Down
1. The Gap Band's "You Dropped _ __ on Me"
2. Salsa singer Ms. Cruz
3. Counting everything: 2 wds.
4. Satan
5. Gilbert & Sullivan's The __
6. Mideast chieftain, variantly
7. NBC's "The Voice" host Carson
8. In times past
9. "Gigi" (1958) star Ms. Caron
10. Couch
11. Nunavut's official bird, Rock __
12. And so on [abbr.]
13. __-eyed
21. tic __ (Some candies)
23. Early filmdom's Thomas H. __ (b.1882 - d.1924)
25. Proper
27. Small lands on water
28. Type of wheat
30. "Groovy, man.": 2 wds.
31. Displeased look
32. Brand of spaghetti sauce
33. Roles
34. You can't judge _ __ by its cover
35. Town between Toronto and Barrie in Ontario
36. Streetcar, in Britain
43. _ _, _ _ (Part of a Big Apple addr.)
45. Horse-hauled cart
47. Board game company
48. Inputs information
52. __ Provincial Park, in BC
53. Port-au-Prince's locale
54. "Back in the __ days..."
55. Got Z's
57. Isn't, in slang
58. Mention
59. Notion, in Montreal
60. Dutch airline
61. Gladiator's 3
63. Chide

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		1				2		
		6	1		2	9		
3				8				1
	8	9	5		4	1	7	
	2	4	8		9	3	6	
7				2				9
		3	7		1	6		
		5				4		

Yesterday's Sudoku

2	8	9	5	3	6	1	7	4
1	6	7	4	9	2	3	5	8
3	5	4	8	7	1	6	9	2
6	3	5	1	2	4	7	8	9
8	9	1	7	5	3	4	2	6
7	4	2	9	6	8	5	1	3
5	7	3	6	8	9	2	4	1
4	2	8	3	1	5	9	6	7
9	1	6	2	4	7	8	3	5

Today
22°/8°
Sunny
Saturday
23°/11°
Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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